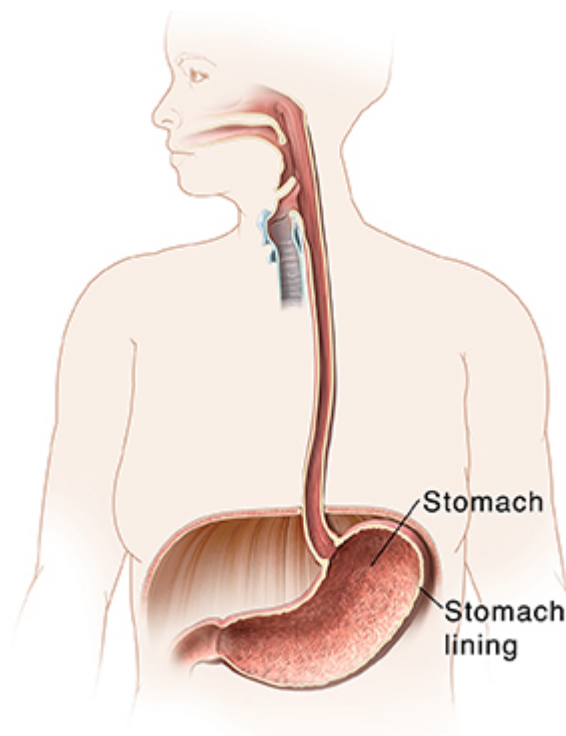


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# Understanding Gastritis

Gastritis is a painful inflammation of the stomach lining. It has a number of causes. Treatment can ease the symptoms.



## The stomach

To digest the food you eat, your stomach makes strong acids and enzymes. These don't harm the lining of a healthy stomach. But acids may irritate the lining when the stomach doesn't work as it should. That's called gastritis.

## Causes of gastritis

This problem has many causes. They may include:

- Aspirin and other pain medicines called NSAIDs.
- Tobacco use.
- Alcohol use.
- H. pylori bacteria.
- Trauma from injuries, burns, or major surgery.
- Cocaine use.
- Radiation.
- Serious illness or autoimmune disorders.

## Common symptoms

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Symptoms may include:

- A burning feeling in your upper belly.
- Pain after eating certain foods.
- Gas or a bloated feeling.
- Frequent belching.
- Nausea with or without vomiting.
- Loss of appetite.
- Feeling full quickly.
- Blood in vomit.
- Stools that look black and tarry.
- Paleness.
- Tiredness (fatigue).