



Gastritis



Overview

This is an inflammation of your stomach lining. It happens when stomach acid irritates the inside of your stomach. This can happen suddenly and heal quickly. Or, it can develop slowly and last for a long time.

Causes

What causes gastritis? It can be caused by a bacterial infection. It can be caused by regular use of pain relievers. It can happen if you abuse alcohol. And it is linked to various other medical conditions. Ask your doctor for a full list of causes.

Symptoms

What are the symptoms? Well, often it doesn't cause any symptoms. But if it does, you may feel pain in your upper abdomen. It may feel like burning or gnawing. You may feel very full during or after a meal. And, you can have nausea and vomiting.

Treatment

How do we treat it? You may benefit from smaller meals. You also need to avoid things that irritate your stomach. Antacids may help. Medications that reduce or block stomach acid may help, too. And if your gastritis is caused by a bacterial infection, you may need antibiotics. Your doctor will create a plan that's right for you.