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Aphthous ulcer treatment pdf

The stomach produces a very strong acid that uses to break down and digest food. To protect the rest of the body from that acid, there is a mucus coating inside the stomach that prevents the acid from damaging the lining of the stomach. When that mucus becomes ineffective, the acid begins to dissolve the lining of the stomach, and this creates an ulcer. stomach ulcers are actually very common. It is estimated that 10% of the entire population have ulcers. While ulcers can be extremely painful, they are relatively easy to take care of with the drug. But if you ignore the symptoms of an ulcer, then you are inviting more and more serious medical problems. It is true that stress can help in creating ulcers, but the most common causes of ulcers are bacteria found in the body and taking too much aspirin or ibuprofen. People often confuse the symptoms of an ulcer with the most common heartburn. But the symptoms of ulcer tend to last longer and, for the most part, are much more painful. Less severe ulcers can go weeks or even months before they are noticed. These ulcers cause the lining of the stomach to bleed, but are easy to correct. More severe ulcers cause holes in the stomach which can be intensely painful and very dangerous if not treated immediately. If you think you have an ulcer, it's a good idea to visit the doctor just to be sure. Common symptomsIndigestion Weight loss Continuous extraction Stomach Ulcers Pain Blocking Stomach Ulcers are painful painscover the lining of the stomach or small intestine. This condition occurs when the mucus layer that protects the stomach becomes weakened or hindered, allowing the appearance of Ulcers. Luckily, treatment is easy, but if left untreated, Ulcers can develop in a more severe condition. ulcers can be caused by several factors, such as a high level of acid in the stomach, and excessive use of anti-inflammatory drugs and some dietary factors. There are many symptoms associated with Ulcers, the most common of which is a burning sensation in the stomach, which can last anywhere from a few minutes to more than an hour. It's usually worse when the stomach is empty. Other symptoms include: acid reflux, a boring pain in the stomach, and in some cases, weight loss. Stomach Ulcers can be treated with prescription drugs from your doctor, although in some cases you will need surgery. Not long ago, the stereotype of a person with ulcers was that of an aggressive and stressed businessman who worked long hours, surviving three-martini lunches and too spicy food. Many suffering have had a strange pride in the pain in the intestine, considering it evidence of their ambition and altruism. - What? Scientists have demonstrated in the 1980s that most ulcers are caused not by too much sweat and fatigue but by bacteria. What's more, while males once were considered the most common victims of this gastrointestinal threat, doctors now diagnose ulcers in women as often asAbout five million Americans have ulcers. This does not mean stress, spicy foods and alcohol are not important. In fact, these and other lifestyle factors seem to worsen ulcers for some patients. So, what can you do to avoid the burning sensation in your abdomen, nausea, or other symptoms related to ulcers? In this article, we will discuss the causes and symptoms for ulcers. We will also review the traditional medical treatment as well as the steps that you can take at home for the care of your digestive tract. Let us begin with a look at the foundations of this condition. Definition An ulcer is an erosion (open pain) on the surface of an organ or tissue. Ulcers most commonly erupted in the esophagus, stomach and duodenum, where the case is known as pettic ulcers. About five million Americans have peptic ulcers. CauseThe problem begins, in most cases, with a spiral germ that seems to live for a purpose, digging holes in our stomachs. This bacteria, known as Helicobacter pylori (H. pylori for short), is very common: It is located in about half of all people under 60 years in the United States. H. pylori never causes problems in most people, but in an unfortunate minority, the bug digs through the mucous membrane protective lining of the stomach. Bacteria and stomach acid irritate the sensitive coating below, causing shape ulcers. In some cases, H. pylori is not the bad, however. People using non-steroidal anti-inflammatory drugs (NSAID) and aspirin for pain relief over longcan develop ulcers. Heredity also plays an important role in contributing to ulcers. People who have a family history of ulcers seem to have a greater probability of acquiring the condition, as people do with type O blood. Stomach and pancreatic tumors can also cause these wounds to form. SintomiUlcers can produce mild symptoms that resemble heartburn or severe pain that radiate throughout the upper body. The most common discomfort of the ulcers is a burning sensation in the abdomen over the navel that can feel like pang hunger. The pain arrives about 30 to 120 minutes after eating or in the middle of the night when the stomach is empty. At this time, acid stomach juices are more suitable for irritating unprotected nerve endings in exposed ulcer. Usually, pain suffers after eating or drinking something or taking an anti-acid to neutralize stomach acid. Some people suffer from nausea, vomiting and constipation. Blood in the feces (black discoloration), blood in vomiting, extreme weakness, fainting and excessive thirst are all signs of internal bleeding and may appear in more advanced cases. Although ulcers are not usually threatening, they can cause serious damage if not treated. Ulcers can erode the nearby blood vessels and cause internal blood or hemorrhage infiltrations (massive internal bleeding). A perforated ulcer can penetrate into aorgan, causing infection. DiagnosiPhysicians diagnose peptic ulcers mainly based on an X-ray examination after the patient swallowed a special chalky substance called barium. The barium makes visible the digestive tract on X-ray film, allowing the doctor to see any anomalies. A second diagnostic technique is called upper GI endoscopy (also called gastroscopy). The doctor inserts an endoscope (a flexible, illuminated, tubular tool) through the mouth and down the esophagus to directly visualize the lining of the esophagus, stomach and duodenum. An endoscopic examination and a biopsy (removal of a tissue sample for analysis) are necessary to confirm that an apparent ulcer is not actually a cancerous growth. Pylori helicopters can be diagnosed with endoscopic biopsy or through a blood or breathing examination. Treatment Most ulcers caused by H. pylori can be cured with a combination of antibiotics and acid blocking drugs or bismut subsalicylate (better known as Pepto Bismol). Unfortunately, although this information has been widely spread in medical journals, some doctors still send ulcer patients at home with little more orders to take easy, remove alcohol, and eat a bland diet. If you have similar symptoms to ulcer, ask your doctor to perform tests that may determine if you have H. pylori bug, so that if Prescription medications are appropriate for your condition, you get them. Treatment of ulcers involves relieving irritation so that healingable to progress naturally. Antaches counteract stomach acid and relieve symptoms, but may also cause complications. For example, sodium bicarbonate, a primary ingredient of antacids, contains large amounts of sodium, which can aggravate kidney disease or hypertension. For treatment of more problematic ulcers, a doctor may prescribe other preparations to promote healing. Sucralfate covers the stomach, protecting it from gastric acid. Cimetidine, ranitidine and other H2 blockers inhibit the production of gastric acid. Antibiotics and antacides are often prescribed to treat ulcers caused by H. pylori infection. Although recent studies have shown that a bland diet is not necessary for ulcer management, such a diet is sometimes recommended until acute symptoms disappear. Later, many doctors suggest to avoid only those foods known to cause stomach ailments. Most ulcers heal within two to six weeks after the treatment begins. To prevent the occurrence, patients should continue to avoid cigarettes, alcohol and any food or substances that seem to cause irritation of the coating of the digestive tract. When drug therapy and diet cannot cure an ulcer, surgical repair may be necessary. Surgery is appropriate for ulcers that repeat or are the risk of life, such as perforated ulcers. Sometimes, surgeons remove a portion of the stomach and parts of the vague nerve (which controls digestive secretions) to reduce the production of stomach acid. Usually, ulcers do not reappear afterendoscopic cauteria (tissue burn through an endoscope), direct injection of drugs and lasers have had enough success in stopping bleeding, reducing the size of the lesions, and correcting the rigorous (sweeping of the ducts due to scar formation). These procedures have saved many people from surgery. Once they leave the doctor's office, patients with ulcer can help their condition by looking at their diet. Check the next section for home remedies to take care of your digestive tract. For more information on stress that causes ulcer and its harmful effects, please visit the following: To see all our home remedies and conditions they treat, go to our Home Remedies main page. Among the many digestive problems that herbal remedies can relieve, herbs can also go a long way to healing gastric ulcers. Find out how you do it in Herbal Remedies for Ulcers. Curious about what causes stress? Visit how stress works. You can relieve some negative effects of stress simply. For more information, read Home Remedies for Stress. This information is only for information purposes. He's not meant to get his medical apex. Neither the Editors of the Consumer Guide (R), International Publications, Ltd., the author or publisher assumes the responsibility for any consequences from any treatment, procedure, exercise, dietary modification, action or application of drugs that result from reading or following the information contained in this information. The publication of this informationdo not constitute the practice of medicine, and this information does not replace the advice of the doctor or other health care provider. 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