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Abdominal pain and leg pain left side

Adults and children can have rap for many reasons, including some health problems. For children, they may include: Depression of anxiety difficulty in digesting sugar in dairy products, called lactose intolerance heart constipation constipation of the urinary tract abdominal migraine abdominal infection (sock pain that returns very without a known cause) health problems that can cause Rap in adults: Indigestion Period of constipation PORNE Stomaco Ulceres TRACCIO ULTERING TRACCIO URINARIA Infection Liver or gallbladder Problems inflammatory Cross irritable disease Intestinal syndrome Infection from a cancer of the parasite Still, many adults and children have rap that has not been caused by any clear medical problem. So, it is called functional abdominal pain. Doctors don't know what they know, but things like stress, personality and genes can play a role. Another idea is that the nerves of the digestive tract are more sensitive than they are for most people. * Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always look for advice from your doctor or other qualified health care provider with any question you may have regarding a medical condition. URL of this page: Information on this site should not be used as a substitute for professional medical care or advice. Contact a healthcare provider if you have any questions about your health. Backache CCO / Mohamed hassan / Pixabay is one of the most common reasons that people visit a doctor. In fact, more than 80% of adults, according to a survey, have a problem with lumbar pain at some point in their lives, and a large percentage has chronic pain in nature. This annoying and sometimes debilitating pain can be caused by a number of reasons.that are minor and temporary and others that require medical assistance. Many people are obese, and that obesity can lead to continuous pain in the back. Excess weight puts tension on the back muscles and inhibits theeercise, and that tension is particularly difficult on the muscles that are already weak. The muscles of the wet get much more easily, even from simple standing or walking. In most cases, losing weight helps reduce tension on the back and relieves pain. Try to adopt an exercise regimen to strengthen weak muscles. Although you are not overweight, you could experience back pain due to weak muscles that are easily extensible from even light activity. If you are a sofa potato or work sitting all day, you can not spend enough time standing, walking or climbing stairs. If this is the cause of your misery, the natural treatment of back pain for you is to adopt an exercise regimen to strengthen your back. Examples of such exercises include squats, deadlifts, planking and walking. Pregnancy comes with a number of unpleasant symptoms, including lower back pain. The extra weight obtained from growing fetus and expanding uterus put pressure on the muscles of the lower back and spine, causing a persistent back pain in many cases. Most of the time, pain decreases or disappears immediately after childbirth. In the meantime, you can try using a low temperature heater or some simple stretching to relieve pain. CCO/Camila Cordeiro/Unsplash If you've ever heard a sudden back pain when you've collected something heavy, then you know how painful muscle tears and overtensions can be. Sometimes, the pain occurs after a sudden awkward movement of the torso as well. The back pain from lifting can be prevented by practicing a good lifting posture, including always bending your knees when lifting something off the ground. You should also warm up before exercising and avoiding movingwith your torso. When a part of the spine or the back presses down on a nerve, it can cause pain in various parts of the back. Sleigh discs, broken discs, protruding discs and sciatica are among the conditions that can cause nervous problems. This type of problem isSerious and requires the treatment of back pain from a professional doctor. If diagnosed with a nervous spine of the spine, make sure you follow your doctor's orders, take it easily and avoid doing something to make the situation worse. The kidneys are located slightly under your central back, and this means that any health problem involving kidneys often manifests itself as a back pain. The discomfort can only come from the kidneys, rather than from the back. If your backache is accompanied by urinary problems or pain in the lower abdominal area, it is a good idea to see the doctor as soon as possible. It could be a stone or an infection, and renal infections can lead to a renal failure if left untreated. CCO / Mohamed Hassan / Pixabay Another common cause of backache is osteoporosis. This condition occurs when the body loses the bone, makes too little or a combination of both. You can obtain osteoporosis as a side effect from other diseases, medications, or as a result of a poor feeding. In any case, it is a rather unpleasant health problem that can cause persistent pain due to bone ability to fully support body weight. Osteoporosis can be managed with drugs and lifestyle changes. The CC BY-SA 4.0 / BruceBlaus / Wikimedia arthritis is another common health problem, and while mainly striking the joints, it can also cause back pain when it affects the joints of the hips or back. In some cases, inflammation is quite negative to make the space around the spinal cord narrow, causing spinal stenosis. Spinal stenosis can cause tingling, numbness or pain in the back area and can even radiate to the legs. Like osteoporosis, arthritis can be managed with medical drugs. Any injury to Vertebral, both by chance and due to a medical condition, can cause various degrees of back pain. Some common spinal issues include scoliosis and vertebral fractures from accidents. Spinal problems require medical intervention or structural support to treat them. If you suspect a one With the spine, then it's time to go directly from your doctor for a check. Unfortunately, it is true that some forms of cancer manifest themselves as a back pain. Examples include spinal cancer, pancreas cancer and kidney cancer. This symptom also appears with metastatic tumors, or those that occur as secondary tumors spread throughout the body in some patients suffering from phase cancer 4. If you have an unexplained back pain for a period of time, it's a good time Idea to see a doctor to exclude serious problems. 1 10 Durt-Watch Ted Talks who have the power to change your life 2 What do George Sorosca 'Open Society Foundations network fund? 3 Why is my dog sneeze a lot? 4 What is a high level of GT range? 5 What does a high urine creatinine mean? Your legs and ankles are the foundation of much of what you do every day. When they hurt, it can prevent you from working, exercising, executing commissions, take care of your family and sometimes even on foot. Most of the pain of the leg and ankle derives from wounded bones, muscles, joints and ligaments, although some are the result of back problems, blood clots and problems with nerves and veins. If you have experienced a leg in the leg or ankle lately, it could derive from one of these common problems: while it is more common in athletes, anyone can go down with a painful case of tendinitis. Your tendons are the cables that connect your bones and your muscles, and have found all your body, from head to toe. However, the larger ones are in the legs and ankles, including the Achilles tendon, which runs from your calf to the heel. When tendonitis developments, those tendons become inflamed, and can inflate. More use those tendons, worse the symptoms. The doctor may prescribe anti-inflammatory drugs, along with rice. Rice stands for rest, ice, compression and elevation. Problems with your veins can lead to pain in your legs, especially if you work in a job that has seated you orIn a place for much of the day. Venous insufficiency is when veins in your legs don't work as they should. It is not always a serious problem, but over time, it can lead to serious problems, such as varicose veins, skin problems, blood clots and leg ulcers. By raising your legs for at least 30 minutes a day, wearing compression stockings, losing weight, working to improve circulation and ingesting some herbs could help with the symptoms of venous insufficiency. If you sit or stay at work all day, you pause every 30 to 60 minutes to walk if possible. An ankle sprained is often one of the main causes of ankle pain, and can happen to anyone, usually after they have stumbled or lost and their rolled ankle on the side. This lesion causes the rupture of ligaments in the ankle, and can also lead to swelling and bruising. You might find that it is impossible to walk without crutches, a stick, a walker or a wheelchair. Most of the time, the ankle sprouts takes a week or not to heal if you follow the Rice protocol. If distortion does not heal in a few days or causes serious pain and swelling, you need to see a doctor. He or she can prescribe a cast and physical therapy. Muscle tension is one of the most common causes of leg pain and one of the easiest to develop. It typically occurs when you exercised too much and tense the muscle, even if it can occur from any change or increase of any kind of activity, to walk to work on DIY projects around the house. Once again, the Rice protocol is the best way to combat muscle tension, and should go away in a few days. In addition to pain in the muscle, you can experiment with swelling; Weakness in the leg, ankle or foot; or cramps in the muscle or the surrounding muscles. If these symptoms do not suffer in a few days, with your doctor to make sure you haven't ripped your muscle. You can break a bone in your leg, ankle or foot and not immediately notice. Sometimes a smaldevelops in the bone, and over time, can cause severe pain. This is more common in the feet, ankles and legs, usually in athletes who run or jump a lot together with members of the army. It is also common in older people who suffer from osteoarthritis and other conditions that weaken bones. A stress fracture often begins with a slight cloaking pain in an area that eventually becomes tender and could also inflate. If you suspect that you have a stress fracture, you should see your doctor to determine the most effective treatment option. Treatments can range from simple leg or ankle rest to surgery. If it is not the fracture of stress, it can heal improperly and cause long-term problems. problems.

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