

ABDOMINAL PAIN

Abdominal pain is a very common symptom. I will discuss common diseases.

People get chronic abdominal pain due to:

- 1) Smoking**
- 2) Alcohol**
- 3) Constipation**
- 4) Medications such as aspirin, ibuprofen and naproxen**
- 5) Acidity**
- 6) H. Pylori Infectioo**
- 7) Gallstones**
- 8) Lactose intolerance, many food have milk in it such as cheese, ice cream and cakes.**
- 9) Stress**

You can take care of the first three by yourself.

Take fiber and probiotic for constipation.

Take OTC acid medications for acidity

If still having problem have:

- 1) Upper Endoscopy or stool test for H. Pylori**
- 2) Sonogram for gallstones**
- 3) Lactose test or you can eliminate all milk products from your diet and see**

If these three maneuvers are normal then by elimination we are left with stress as the cause of the symptoms. There is no test for stress. Unfortunately, living in America is very stressful.

We worry about cancer but as mentioned in "Principles of Medicine" bad things (cancer) has no symptoms until it is advanced and usually not curable.

CT Scans and colonoscopy very rarely find the cause of abdominal pain.