

Lifestyle or medication paper essay sample

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Gastritis is a gastrointestinal disease of the stomach. There are two types of gastritis, acute and chronic gastritis. Acute gastritis is inflammation of the stomach which usually involves vomiting of blood. Gastroscopy is a biopsy test used to diagnose this disease. To treat this disease, avoid these irritants and antibiotics will be administered to heal infections. Another medication used is cimetidine which blocks the gastric secretion. Surgery may only be needed if bleeding occurs. Chronic Atrophic Gastritis is a degenerative condition where the lining of the stomach does not secrete intrinsic factor and hydrochloric acid. The intrinsic factor is important to absorb the vitamin B12 and hydrochloric acid aids protein digestion. There is little that can be done to treat this disease. There are many lifestyle changes people can implement to prevent or control gastritis disease. Avoiding irritants that may irritate or upset your stomach is the most important way. Irritants that cause gastritis are aspirin, alcohol, tobacco, too much coffee, infections, stomach cancer, and certain foods.

The cause can vary depending on which type of gastritis you have or are at risk for. Certain factors however, may make these lifestyle changes difficult. For example, addiction to tobacco, coffee, or alcohol use will make this change nearly impossible to you. Another difficulty is learning what foods may irritate your stomach and avoiding them even if they are your favorite foods. Lifestyle or Medication Paper 3 To overcome these factors find new foods that are not hard on your stomach and that you love just as much, limit your coffee and aspirin intake, and get help with any alcohol use problems. Do research on this disease and find support groups near you or online. I would choose lifestyle changes or medication for a condition that I

was faced with to prevent my symptoms from getting worse, and to help them get better. Not making changes or taking medications will not make the condition go away it will worsen things. I would do what I have to get well and maintain my health. These are easier to do than living with a serious health condition that will worsen as time goes by.

References

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