

Gastritis

Gastritis is the irritation of the lining of the stomach. This can start quickly or be a long term problem.

Signs

- Stomach pain
- Bloating and burping
- Nausea or vomiting

Causes

- Some medicines
- Too much stomach acid
- Drinking alcohol
- Eating too much or eating hot and spicy foods
- Smoking and tobacco use

Your Care

Diet changes and medicines may be needed for gastritis.

- Take your medicines as directed.
- Eat only clear liquids and bland food like toast until you feel better.
- Resume your normal diet slowly. Eat small amounts at a time.
- Follow up with your doctor.

To prevent future problems:

- Avoid spicy food, food high in acid like grapefruit, or any food that bothers your stomach.
- Avoid drinks with alcohol or caffeine, like tea, coffee and colas.
- Eat smaller portions at meals. Do not overeat or skip meals.
- Quit or reduce smoking and tobacco use.

Gaastiriko

Gaastiriko waa lurka dhinacyada caloosha. Tani waxay u billaaban kartaa si deg deg ah ama waxay noqon kartaa dhibaato waqti dheer.

Calaamadaha

- Calool xanuun
- Dibbiro iyo daaco
- Lalabbo ama matagid

Sababaha

- Daawooyinka qaarkood
- Aashitada caloosha oo badata
- Aalkolo cabbid
- Aad wax u cunid ama cunidda cuntooyin aad u kulul oo basbaas leh
- Sigaar cabidda iyo isticmaalka tubaakada

Daryeelkaaga

Cunto beddelid iyo daawooyin ayaa laga yaabaa in looga baahdo gaastirikada.

- Daawooyinkaaga sida lagu faray u qaado.
- Cun oo keliya cabitaanno cad ama cuntooyin aan dhadhan lahayn sida kuwa la dubay ilaa aad ka bogsato.
- Si tartiib-tartiib ah cuntaadii caadiga ahayd ugu soo noqo. Cun xaddiyo yar markiiba.
- Takhtarkaaga la soco.

Si looga hortago dhibaato mustaqbalka timaadda:

- Ka fogow cuntooyinka basbaaska leh, cunto aashito ku badan tahay sida bambeelmo, ama wixii cunto ah ee calooshaada dhibaya.
- Ka fogow cabitaannada aalkoladu ku jirto ama kafeyiinta, sida shaaha, qaxwada iyo koollooyinka.
- Cun qaybo yar oo cunto ah markiiba. Cuntada ha iska badin ama cuntada ha ka boodin.
- Jooji ama yaree sigaar cabidda iyo isticmaalka tubaakada.

Gastritis. Somali.

Call your doctor **right away** if you:

- Have vomit that is bloody or dark brown.
- Have blood in your stool or black stool.
- Become too weak and dizzy to stand up.
- Have a very bad stomach pain.
- Have a temperature over 101 degrees F or 38 degrees C.
- Have pain or vomiting that lasts for more than several hours.

Talk to your doctor or nurse if you have any questions or concerns.

Isla markiiba takhtarkaaga wac haddii aad:

- Isku aragto matag dhiig leh ama baroon mugdi ah.
- Ay saxaradaadu dhiig leedahay ama madowdahay.
- Aad noqoto mid aad u liita ama war-wareeya markaad istaagto.
- Calool xanuun xun qabto.
- Isku aragto heerkulka ka sarreeya 101 darajo oo F ah ama 38 darajo oo C ah.
- Isku aragto xanuun ama matagid soconaysa wax ka badan dhowr saacadood.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah aad qabtid.

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