



## Gastroduodenitis

- Irritation that occurs in the lining of the stomach and small intestine
- Causes are Lifestyle (stress, smoking, alcohol), Medications (aspirin, ibuprofen, steroids), Infection (H pylori), Too Much Bile or Acid, Autoimmune (pernicious anemia),

## Presentation

- Upper abdominal pain, nausea, vomiting, loss of appetite, belching, anemia, hematemesis (vomiting blood)

## Complications

- Ulcers: untreated gastroduodenitis can lead to an ulcer which is like a wound or sore. Two major complications of an ulcer are Bleeding and Perforation (creation of a hole)
- H pylori is a common infection found in 50% of people in the world. 1% of people who have this infection could develop stomach cancer

## Treatment

- Lifestyle Modification: decrease caffeine, spicy & citrus foods, fatty foods, alcohol, smoking, aspirin and other antiinflammatories
- Antacid Medications: Pepcid, Tagamet, Omeprazole, Pantoprazole, Esomeprazole, Rabeprazole, Dexilant, Carafate
- Antibiotics if you have H pylori