

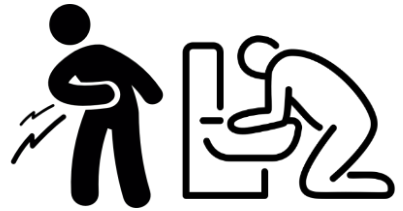
Dyspepsia

What is Dyspepsia?

Dyspepsia refers to the pain or discomfort that usually occurs in the upper abdomen.

What are the symptoms?

- Abdominal bloating
- Nausea and vomiting
- Abdominal pain or discomfort
- Feeling full early after a meal



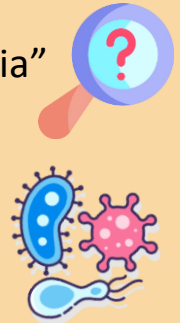
What are the causes?

The most common form is “functional dyspepsia” where no identifiable cause is found.

Other causes include (but not limited to):

- Bacterial infection (H. pylori)
- Stomach inflammation (peptic ulcer)
- Cancer

Stress and anxiety may also worsen dyspepsia.



Diagnosis

Dyspepsia is usually diagnosed based on symptoms and response to treatment. Tests are sometimes recommended by your doctor for clarification of diagnosis.

Tests may include:



Blood Test

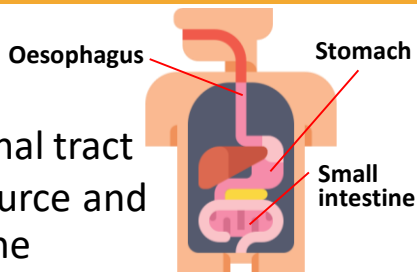


Endoscopy

Dyspepsia

What is Endoscopy?

- A test to evaluate the gastrointestinal tract
- A small flexible tube with a light source and camera system is used to inspect the oesophagus, stomach and parts of the small intestine
- Samples may be taken during the procedure



What are the treatment options?

- Take frequent small meals
- Avoid overeating
- Avoid spicy, sour or fatty foods
- Antibiotics may be required if there is an infection
- Medications that reduce stomach acid production may help with symptoms



When should I see a doctor?

See a doctor if you have:

- Weight loss
- Blood in vomitus
- Blood in stools or black stools (melena)
- Fever
- Yellowing of skin/whites of eyes (jaundice)
- Symptoms that persist for a long time, or that are not better with medications

