

Gastritis and Duodenitis



Gastritis is irritation or inflammation of the stomach lining. This can last for a short time (acute gastritis) or can occur for months or years (chronic gastritis). On the other hand, duodenitis is the inflammation or irritation of the duodenum (upper part of the small intestine and just below the stomach). Mostly, it is produced by the bacteria *Helicobacter pylori*.

Causes

The most common cause of gastritis and duodenitis is the bacteria called *Helicobacter pylori*.

Symptoms

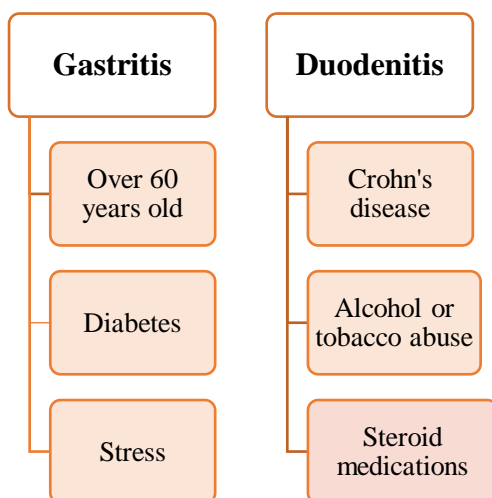
Gastritis	Duodenitis
Bad breath	Nausea or vomiting
Nausea or vomiting	Indigestion
Lack of appetite	Chest pain
Heartburn	Bloating or gas

Diagnosis

The doctor will ask about symptoms and perform a physical exam. Additionally, you will need some tests, including: an endoscopy, blood tests, among others.



Risk factor's

Some of the risk factors that increase the likelihood of developing gastritis or duodenitis are:



Prevention

Some options that can help prevent the development of gastritis and duodenitis:

- Do not smoke 
- Avoid drinking alcohol 
- Reduce stress
- Consume nutritional healthy foods

Contact your doctor

Consult your doctor if you have:

- Fever
- Vomiting blood
- Bright red or black in stools or vomiting

Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary doctor or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

- https://www.drugs.com/cg_esp/gastritis.html
- https://www.drugs.com/cg_esp/la-duodenitis.html
- <https://medlineplus.gov/spanish/ency/article/001150.htm>

Prepared by licensed Health Educators.

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