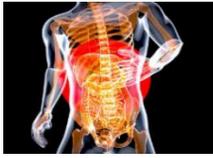


## Abdominal pain



Abdominal pain is also known as stomach pain or stomach pain. This pain can be felt mildly or strongly, continuously, or intermittently, but the intensity of the pain does not always manifest itself according to the severity of its cause.

### Possible causes of abdominal pain

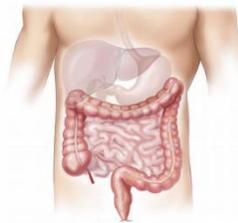
An abdominal pain can be caused by many reasons.

#### Less serious causes are:

- Gas pain
- Indigestion
- Irritable bowel syndrome
- Drug intolerance
- Food poisoning
- Constipation

#### Other possible serious causes are:

- Appendicitis
- Kidney stones
- Muscle strain
- Ulcers
- Urinary infections
- Endometriosis
- Gastric acidity
- Diverticulitis
- Bowel blockage
- Cancer of the stomach, colon and/or other organs.



### Home Care

For mild care of abdominal pain, you can: drink water or clear liquids, avoid solid foods in the first few hours, and avoid dairy products, citrus fruits, caffeine, alcohol, and high-fat foods.

#### References:

<https://medlineplus.gov/spanish/ency/article/003120.htm#:~:text=Es%20el%20dolor%20que%20se,denominada%20regi%C3%B3n%20estomacal%20o%20vientre.>

<https://www.mayoclinic.org/es-es/symptoms/abdominal-pain/basics/when-to-see-doctor/sym-20050728>

### Prevention

To prevent some stomach aches, you can include the following in your daily routine: drink plenty of water, eat small portions of food more often, exercise regularly, eat high-fiber foods, and add fruits and vegetables.

See your doctor if abdominal pain lasts for several days, or seek emergency care if:

Intense pain

Fever

Excrete with blood

Persistent nausea or vomiting

Weightloss

Yellowish skin

Tenderness in the abdomen

Swelling of the abdomen

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

Prepared by licensed Health Educators.

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