

**DISEASES OF THE STOMACH**

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**ABSTRACT.** *The digestive system, that is, the Gastrointestinal System (GIS), is a system consisting of all organs starting from the mouth to the anus. Therefore, the topics of stomach and stomach diseases are included in the digestive system.*

*Stomach located within the GIS; It has the task of storing, mixing and breaking down foods. The stomach, which is covered with a membrane, contains water, that is, stomach acid. These salt acids contain enzymes that facilitate digestion. The membrane inside the stomach prevents this stomach acid from attacking the stomach wall. However, this situation differs in unhealthy stomachs. Especially high production of stomach acid and sensitivity in the stomach lining indicate that the relationship between acid and membrane is impaired. These deteriorations cause the emergence of some stomach diseases.*

The stomach can be considered as the most sensitive and emotional organ of the body. For this reason, stress and living conditions in daily life can cause stomach movements to become irregular. In addition, faulty eating and drinking habits also cause stomach strain. Therefore, when answering the question "What are Stomach Diseases?", it should be underlined that stomach complaints are caused by impaired muscle movements.

**What are Stomach Diseases and Their Symptoms?**

Stomach diseases, as stated above, are caused by impaired muscle movements. However, when we get to the root of the diseases, genetic structure and nutritional habits are important factors in the formation of stomach diseases. There are also various diseases of the stomach. These diseases;

- Gastritis (Inflammation of Stomach Lining)



- Helicobacter Pylori (Helicobacter Pylori)
- Stomach ulcer
- Esophageal Reflux
- Heartburn (Burning)
- Functional Dyspepsia (Digestive Disorder)
- Gastric cancer

## Introduction

### Gastritis (Inflammation of Stomach Lining)

The stomach lining completely covers the inside of the stomach and protects it against gastric fluids. However, in gastritis, changes caused by inflammation in the stomach lining are observed. This inflammation may cover the entire stomach or may manifest itself only in a certain area.

In the question "What are Stomach Diseases?", there are two types of inflammation of the stomach lining. Inflammation of the stomach lining manifests itself in two ways: acute and chronic. Acute gastritis appears quickly and loses its effect in a short time. In chronic gastritis; inflammation persists for a long time. It manifests itself with symptoms such as gas bloating, belching, nausea, heartburn and abdominal pain.

### Helicobacter Pylori (Helicobacter Pylori)

This bacteria, which accumulates under the stomach lining, causes chronic gastritis, stomach ulcers, stomach cancer and duodenal ulcers. Helicobacter Pylori is a type of bacteria that spreads from person to person as a result of body fluid, tongue contact, and use of the same cutlery and toothbrush. Therefore, it is mandatory for all family members to be examined in the diagnosis of this disease.

### Stomach Ulcer

Damage or destruction of a certain area of the stomach lining is described as a stomach ulcer. In case of stomach ulcer, the contact of nutrients or stomach acid to this damaged area causes pain to the person and manifests itself in this way. The most important underlying cause of the disease is chronic gastritis. However, stress, restlessness, excessive tea and coffee consumption and the use of spicy spices pave the way for ulcer formation.



### **Esophageal Reflux**

Esophageal reflux is a condition in which the acid in the stomach rises into the esophagus, causing chronic inflammation in that area. Narrowings along with ulcers and wounds are observed in the esophagus.

Excessive alcohol consumption and smoking cause the valve between the stomach and esophagus to soften. In addition, excess weight and hormonal changes during pregnancy also cause pressure to be applied to this valve and pave the way for the disease. The disease manifests itself with heartburn and rising gastric juice.

### **Heartburn Burning**

Heartburn or burning may occur if the valve muscles between the stomach and esophagus do not work properly or if the valves remain open during digestion. As a result of this situation, stomach acid and food come back from the stomach to the esophagus. This causes irritation of the membrane and manifests itself as rancidity. However, heartburn is usually due to disrupted movements of the stomach. In this table; It is felt as nausea, belching and pressure in the heart area.

### **Functional Dyspepsia (Digestive Disorder)**

The complaints of functional dyspepsia, that is, digestive disorder, discussed in the article titled What are Stomach Diseases, vary. It causes many complaints such as nausea, bloating, gas, heartburn, stomach pain, white tongue and bad breath. Among the problems underlying the disease: Foods that are difficult to digest and nicotine consumption. Therefore, proper nutrition is very important, especially in this stomach problem.

### **Gastric Cancer**

The symptoms of stomach cancer are the same as the symptoms of stomach diseases such as ulcers, gastritis, and helicobacter pylori. Therefore, it is important to consider all stomach complaints in terms of cancer risk. Diagnosis of stomach cancer, which manifests itself as loss of appetite and weight loss in addition to the symptoms of all stomach diseases, is important for the treatment of the disease.

In order to minimize the risk of stomach cancer, treatment especially for the Helicobacter pylori microbe is necessary. In addition, any ulcer that occurs in the



stomach can turn into cancer. Therefore, it is important to take into account and closely monitor all symptoms of stomach diseases

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