

## **Dyspepsia**

Dyspepsia is the name given to upper abdominal discomfort, described as a burning sensation, bloating or gassiness, nausea or feeling full too soon after starting a meal.

### **Common causes of this symptom**

Indigestion is not a symptom of an underlying disease, but can be caused by eating or drinking too much, food intolerance or taking pills on an empty stomach.

### **Self-treatment**

Taking antacids may help ease indigestion.

Eating smaller meals more often, chewing food thoroughly, losing weight and avoiding triggers such as fatty foods and carbonated drinks may also help.

### **Seeking medical assistance**

Make an appointment to see a doctor if you  
experience symptoms that last more than two weeks;  
have difficulty swallowing; or  
have tried medications without positive results.

### **See a doctor immediately if you experience any of the following:**

Shortness of breath or chest pain

Severe pain

Loss of appetite or unintentional weight loss

Passing black, tarry stools

Vomiting, especially if it contains blood

Reference: MAYO Clinic

## **FAQs RELATING TO DYSPEPSIA**

### **What is the main cause of dyspepsia?**

**Answer:** Gastrointestinal reflux disease (acid reflux or GERD) is probably the most common cause of dyspepsia.

### **What are the symptoms of indigestion?**

**Answer:**

- A burning sensation in the stomach or upper abdomen
- Abdominal pain
- Bloating (full feeling)
- Belching and gas

- Nausea and vomiting
- Acidic taste
- Growling stomach

**What should I eat if I have dyspepsia?**

**Answer:** Eat foods that may help reduce your symptoms, for example:

- Vegetables, which are naturally low in fat and sugar, and help to reduce stomach acid
- Ginger
- Oatmeal
- Non-citrus fruits
- Lean meats and seafood
- Egg white
- Healthy fats