Article published on January 30th 2012 | Health

With the ever changing lifestyle and irregular food habits, gallbladder attack is a common phenomenon. Gall bladder stones or gallstones vary in size from a grain to a golf ball. Gallbladder is a small organ situated just below the liver and it stores the bile, the waste product secreted by the liver. The bile acid is vital as it makes the fats in the intestine soluble before its digestion and absorption.

Most of the stones are formed due to disorder in composition of bile, mainly excessive cholesterol in the bile. This is also due to the high-calcium rich diet that you intake and fatty food is also a main killer. Of the two types of gall bladder stones, cholesterol stones account for about 80 percent of the cases and the other being pigment stones. These stones are tiny in the beginning and over time form into larger ones.

Unlike any other ailment, the problem with gallbladder disorder is not the treatment but its detection or the delay in it and it is the latter that does the real harm.

Detecting the same is not difficult though, the symptoms are many. If you experience abdominal pain on the right side just below the rib cage, nausea, vomiting, gas, burp, chronic constipation you can fix an appointment with the doctor. Also, if you have a history of gallstones or gallbladder removal in the family, you need to be wary about the same happening to you.

And then there are others who are hit by â€˜silent stonesâ€™. In this, you will not encounter any of the above said symptoms. However, you do not need treatment for the same as these stones do not with your gallbladder, liver, or functioning of the pancreas.

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Article Keywords:
gall bladder, gallbladder

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