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A lot of people are looking for the causes and possible treatments available for Gastritis. It is known as the inflammation of the lining in the stomach that can be caused by various conditions.

The stomach contains mucus that is especially made to protect the walls of the stomach from the acids produced to break down and digest food. Once this mucus are damaged or weakened, the walls in the stomach will be exposed to the acid. This will cause the lining of the stomach to be inflamed.

Gastritis can be characterized into two forms: acute and chronic. Acute Gastritis is the inflammation of the stomach characterized by sudden and severe pain. Chronic Gastritis on the other hand develops gradually and any person can have this disease for many years without suffering from any gastritis symptoms.

When an individual suddenly experience this kind of disorder, they will surely experience a burning sensation in the upper abdomen together with nausea. On the other hand, the individuals with chronic gastritis may notice experience any noticeable symptoms. However, these symptoms occur gradually like loss of appetite, feeling of fullness and dull aching pain after taking a few bites of food.

There are also other conditions that are associated with Gastritis. Some people suffer from belching, bloating, weight loss and vomiting. There are also cases where bleeding occurs on the stomach. It can be seen on your vomit or after a bowel movement.

The treatments available for gastritis depend on its type and its causes. There are some cases wherein gastritis is caused by NSAIDs or alcohol. When these substances are removed from the system, there is a chance that gastritis may go away on its own. When the disorder is caused by infection from H.pylori bacterium, the patients are given with antibiotics to help destroy these bacteria.

Basically, most of the cases of gastritis are treated with the use of antacid medications. They are used to reduce acidity on the stomach. It is also combined with any other medications that are prescribed to the patients. It is true that over the counter remedies can actually help control the symptoms of gastritis. However, it is best to seek the help of a doctor in case any symptoms of bleeding on vomiting or in stools occur. You will need to undergo a medical evaluation to make sure that you do not have any serious problems on your stomach.

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