

# Chapter 8

## Section 4 Preventing Food-Related Illnesses

### Notes 4 – Common Digestive Disorders



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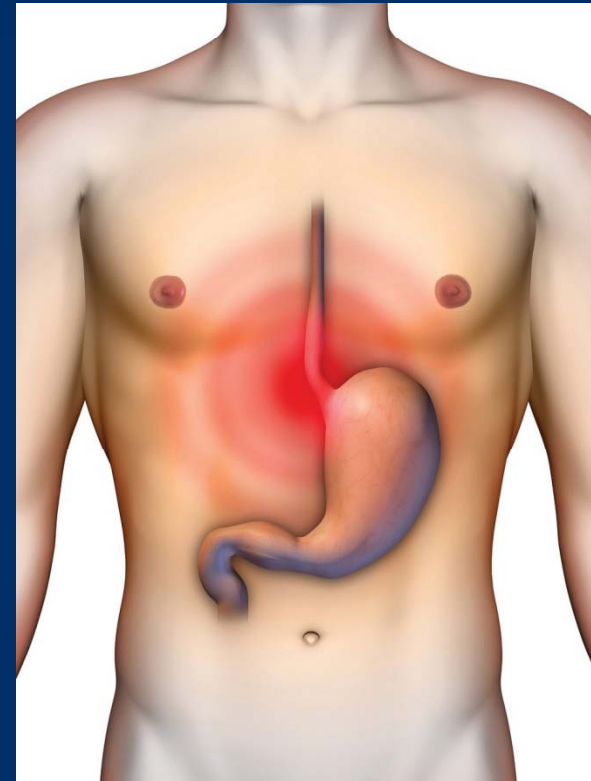
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### Section 4 Preventing Food-Related Illnesses

## Food and Digestive Problems

- **Heartburn** is caused by stomach acid leaking into the esophagus. It feels like a burning in your chest.
- Heartburn is caused by overeating high-fat foods, and by stress and anxiety.
- Avoiding high-fat foods will help prevent heartburn.



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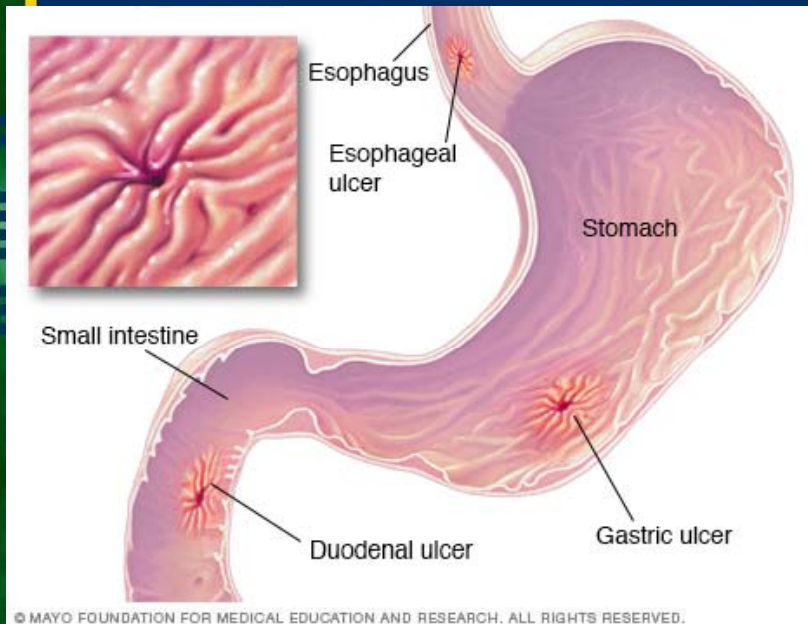
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## Section 4 Preventing Food-Related Illnesses

### Food and Digestive Problems



- **Ulcers** are open sores in the lining of the stomach or intestines. They can cause pain after eating.
- Ulcers are caused by bacterial infections. Stress and an unhealthy diet can make ulcers worse.
- Ulcers can be treated with antibiotics.

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### Food and Digestive Problems

- **Flatulence** is caused by a buildup of gas produced by bacteria in the large intestine when you eat certain indigestible foods.



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### Food and Digestive Problems

- **Diarrhea** refers to frequent watery stools. Prolonged diarrhea can cause severe and dangerous dehydration.
- **Constipation** is difficulty in having bowel movements. Constipation can be prevented by exercise, drinking lots of water, and eating a high-fiber diet.



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### Food Allergies

- A **food allergy** is an abnormal response to a food that is triggered by the body's immune system.
- True food allergies are relatively rare.
- If you think you may have a food allergy, consult a doctor for diagnosis.



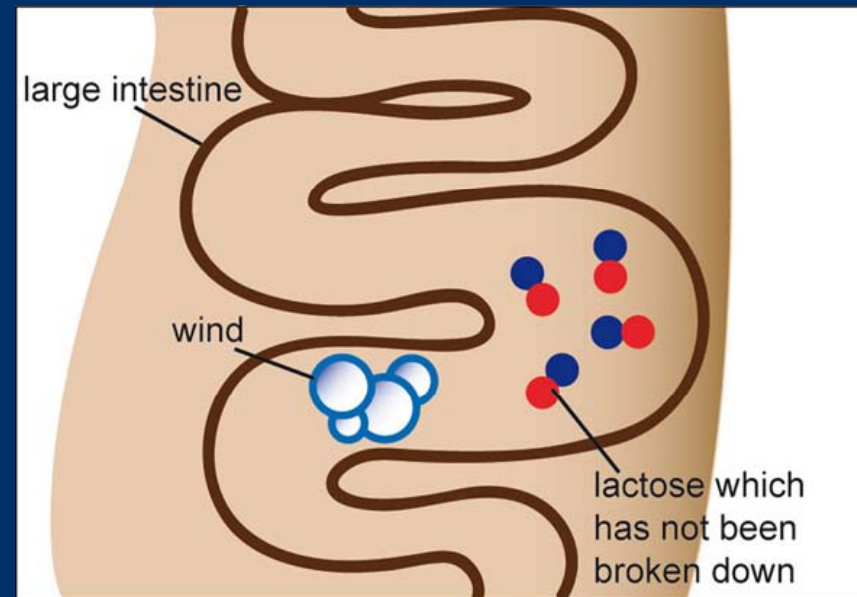
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### Food Intolerances

- **Food intolerances** are conditions that involve bad reactions to food other than specific reactions of the immune system.
- **Lactose intolerance** is a reduced ability to digest the sugar lactose, found in dairy products.



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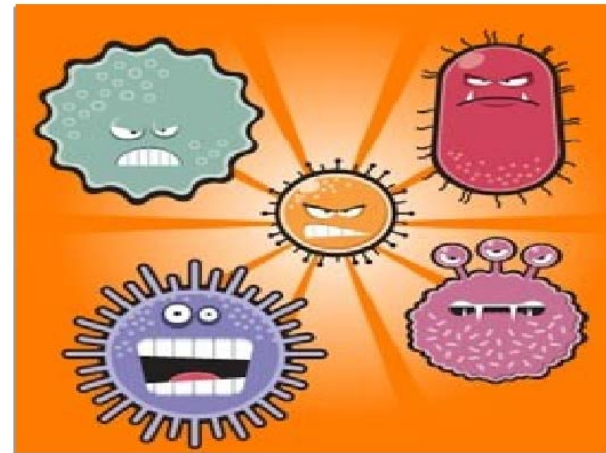
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## Section 4 Preventing Food-Related Illnesses

### Food-Borne Illness

- A **food-borne illness** is an illness caused by eating or drinking a food that contains a toxin or disease-causing organism.
- Common symptoms of food-borne illness include nausea, vomiting, and diarrhea.

#### Foodborne Illnesses



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### Section 4 Preventing Food-Related Illnesses

## Food-Borne Illness



- Food-borne illnesses are often mistaken for stomach flu.
- Most food-borne illnesses can be treated with rest and lots of fluids.
- If symptoms are severe, you should see a doctor.

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