Notes 4 – Common Digestive Disorders
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.
• **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.
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.
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.
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.
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.
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.
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.