



Understanding Gastroparesis

The human body is a complex system of interconnected organs and structures, each with a specific role in maintaining our overall health. One such organ is the stomach, a muscular sac that plays a critical role in digestion. But what happens when the stomach's ability to move food into the small intestine is impaired? This condition is known as gastroparesis.

What is Gastroparesis?

Gastroparesis, also known as stomach paralysis, is a condition where the stomach cannot empty itself of food in a normal fashion. It is caused by damage to the nerves that control the stomach muscles. When these nerves are damaged, the muscles of the stomach and intestines do not work properly, and the movement of food is slowed or stopped.

Symptoms of Gastroparesis

The symptoms of gastroparesis can vary from person to person, but some common signs include nausea, vomiting, feeling full quickly when eating abdominal bloating, and discomfort. It's important to note that these symptoms can also be caused by conditions other than gastroparesis, so it's crucial to see a healthcare provider for a proper diagnosis if you're experiencing any of these issues.

Causes of Gastroparesis

Gastroparesis is often associated with diabetes, as high blood sugar levels can damage the nerves in the stomach. Other causes can include certain medications, surgeries, and diseases such as Parkinson's disease or multiple sclerosis. However, in many cases, the cause of gastroparesis is unknown.



Diagnosis and Treatment

If you're experiencing gastroparesis symptoms, seeking medical attention is important. Your healthcare provider may use a variety of tests to diagnose this condition, including a gastric

emptying study, upper endoscopy, or ultrasound. Once diagnosed, the treatment for gastroparesis primarily involves dietary changes and medication. This can include eating smaller, more frequent meals, avoiding high-fat and high-fiber foods, and taking medication to help control nausea and stimulate stomach muscle activity. More invasive treatments, such as a feeding tube or gastric electrical stimulation, may be necessary in some cases.

Remember, it's essential to consult with a healthcare provider if you're experiencing any symptoms of gastroparesis. They can diagnose properly and guide you through the appropriate treatment options.

Center For Digestive Health & Nutrition

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The Center for Digestive Health & Nutrition is a private medical practice comprised of experienced Gastroenterologists, Nurse Practitioners, and staff members dedicated to preventing and treating digestive disorders. Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977, having cared for tens of thousands of individuals with digestive problems. Our mission is to deliver high-quality gastroenterology services efficiently and cost-consciously. We realize the very sensitive nature of GI illness and understand the necessity to provide our services in an environment that stresses patient privacy and confidentiality and where patient satisfaction is the goal. Appointments can be conveniently scheduled online via our website above. Learn more about digestive issues on Instagram @thedigestivetract

DISCLAIMER: The information on this website is to provide general information. The information on this website does NOT reflect definitive medical advice, and self-diagnoses should not be made based on information obtained online. It is important to consult a physician for a consultation and examination regarding ANY and ALL symptoms or signs as they may signify a serious illness or condition. An accurate diagnosis and treatment plan should only be made by a qualified doctor to exclude a serious condition.