

## COMMON DIGESTIVE DISORDERS THAT NEED MEDICAL ATTENTION

We all at some point in our life have twitched a little or a lot due to digestive distress. Whether it's a meal that hasn't quite suited us, or whether it's a gnawing gastrointestinal issue that is beckoning a lifestyle change, digestive problems have become fairly common in the last few decades. A survey conducted by Johnson and Johnson revealed that approximately one in 4 residents in UAE suffer from digestive distress, but do not seek treatment. Interestingly though getting access to a certified and experienced **gastroenterologist in Ajman** is fairly easy.

The digestive system is an intricate and vital part of the body, that traverses from the mouth to the rectum. It enables us to ingest and digest food and further distribute nutrients throughout the body to manage multiple bodily needs. It also plays a pivotal role in collecting and eliminating waste efficiently. Often minor digestion problems that are left unattended can lead to serious chronic issues. Therefore, it's imperative to be abreast of common digestion problems as well as the serious ones, so you know exactly when to seek professional medical help.

### 5 COMMON DIGESTIVE DISORDERS THAT REQUIRE PROFESSIONAL HELP

#### 1. Gastrointestinal Reflux Disease (GERD)

Occasionally majority of us experience heartburn, but if acid reflux is a regular occurrence with you then it might be a cause of concern and you perhaps need to be evaluated by a healthcare professional for GERD. A **gastroenterologist in Ajman** can often diagnose this condition based on the symptoms alone. However, if this is a lingering problem, there may be some additional testing involved to check for any damage to the esophagus.

GERD may develop if your lower esophageal sphincter for some reason becomes weak or relaxes when it shouldn't. GERD when unchecked and untreated can erode the lining of the esophagus. In some cases, the pain in the chest might become so excruciating and can be mistaken for a heart attack.

Symptoms Include:

- Heartburn
- Chest Pain
- Regurgitation of Food
- Difficulty Swallowing
- Inadequate sleep
- Laryngitis

#### 2. Irritable Bowel Syndrome

You might at times feel sharp pangs of abdominal pain, in most cases after consuming over-the-counter medication you may get relief. However, if this pain is persisting in nature you need to be evaluated for irritable bowel syndrome. IBS is a functional gastrointestinal condition that causes recurrent pangs of abdominal discomfort in association with bowel habits.

For those who experience IBS, the colon muscle tends to contract much more. These contractions give rise to abdominal pain and cramps. Having said that, each individual diagnosed with IBS has varying experiences. Some may have symptoms for a few days whereas others may have symptoms for weeks or months at a stretch. This condition often occurs in individuals who are in their late 40s. If you're looking for medical experts who can treat you with precision, Thumbay University Hospital houses the **best gastroenterologist in Ajman**.

Symptoms Include:

- Abdominal Pain
- Cramps
- Bloating
- Gas
- Constipation
- Inconsistent bowel frequency
- Diarrhoea

### 3. Hemorrhoids

Has it ever happened that you've sat down on the throne to do your business and then you've noticed blood in the toilet bowl? This could be a sign of hemorrhoids, which is a fairly common condition. This condition includes inflammation of the blood vessels at the end of the digestive tract that can get painful and itchy. In most cases, healthcare professionals advise patients to consume a fiber-rich diet along with plenty of fluids. In most cases, topical creams may provide temporary relief, however, if the pain is excruciating, then a hemorrhoidectomy might be advised, wherein the hemorrhoids are removed surgically. You can easily find an experienced **gastroenterologist in Ajman** to provide you with professional help to treat your hemorrhoids.

Symptoms Include:

- Itchy anus
- Lumps near the anus that feel sore or tender
- Anal pain especially when you try to sit
- Rectal bleeding

#### 4. Celiac Disease

Celiac disease is a digestive disorder that damages the small intestine. It is serious gluten sensitivity, that damages the villi, which are the finger-like protrusions in the small intestine that help absorb nutrients from the food we eat. This can lead to malnutrition and other dire health complications, which also include permanent damage to the intestine.

Symptoms Include:

- Abdominal pain
- Bloating
- Diarrhea
- Constipation
- Vomiting
- Weight loss

#### 5. Ulcerative Colitis

Ulcerative colitis is another inflammatory bowel disorder, wherein the area that is primarily affected is the large intestine. It starts in the rectum and may gradually spread to the colon. Researchers believe that the causes of the condition are highly complex and involve several factors. However, the majority think that this is triggered by an overactive immune response.

When your immune system mistakes food or any other substance for invaders, it might pave the way for sores, ulcers, and tissue damage in the colon's lining. When the inflammation occurs in the rectum and lower part of the colon, medical professionals term it ulcerative proctitis. When the entire intestine is affected it is termed pancolitis and if only the left part of the colon is affected it is termed distal colitis. Medication in most cases might suppress the inflammation, but in severe cases, surgery might be advised. If you need an experienced healthcare professional, you will find the **best gastroenterologist in Ajman** at Thumbay University Hospital.

Symptoms Include:

- diarrhea,
- weight loss,
- abdominal cramping,
- blood or pus in bowel movements.

WHEN SHOULD YOU VISIT A GASTROENTEROLOGIST?

Around 20 million people suffer from chronic digestive disorders and these numbers continue to surge year after year. However, there is no need to suffer in silence, especially when there is so much medical help available. Digestive disorders can range from common to rare, therefore it's okay to keep yourself abreast with information available online, but it's important to seek the opinion of a healthcare professional when it comes to the treatment of severe issues.

#### WHERE CAN YOU FIND THE BEST **GASTROENTEROLOGIST IN AJMAN?**

Whenever you need any question answered related to your digestive health, it is best to consult a Gastroenterologist to answer your questions and evaluate you for any complex underlying conditions. The **best gastroenterologist in Ajman** can be found for consultation at Thumbay University Hospital.

If you are experiencing persisting symptoms related to the digestive system and wish to consult with an expert, do not waste any time and get immediate answers by contacting us today.