**Gastritis:**

Gastritis (inflammation of the gastric or stomach mucosa) is a common GI problem. Gastritis may be acute, lasting several hours to a few days, or chronic, resulting from repeated exposure to irritating agents or recurring episodes of acute gastritis.

 **Acute gastritis is often caused by**

A gastrointestinal bacterial infection can cause gastritis. The most common is infection with *Helicobacter pylori*, a bacterium that infects the lining of the stomach. It’s usually passed from person-to-person, but it can also be transmitted through contaminated food or water.

Other risk factors include:

* alcohol consumption and cigarette smoking
* use of nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and aspirin
* cocaine use
* age, because the stomach lining thins naturally with age

 Other, less common, risk factors are:

* stress caused by severe injury, illness, or surgery
* autoimmune disorders
* digestive disorders
* viral infections

 **Clinical Manifestations:**

* nausea and vomiting
* a feeling of fullness in upper abdomen, particularly after eating
* indigestion

If sever gastritis, the patient might experience different symptoms, including:

* black, tarry stool
* vomiting of blood or material that looks like coffee grounds

 **Dtagnosis**

 Diagnosis can be determined by endoscopy

 upper GI radiographic studies

 and histologic examination of a tissue specimen obtained by biopsy.

 other diagnostic measures for detecting H. pylori include serologic

 testing for antibodies against the H. pylori antigen by breath test.

**Complications**

If your gastritis is left untreated, it can cause bleeding in the stomach as well as ulcers. Certain forms of gastritis can increase the risk of developing stomach cancer.

**Treatment**

The treatment for gastritis depends on the cause of the condition. If the gastritis caused by NSAIDs or other drugs, avoiding those drugs may be enough to relieve the symptoms. Gastritis as a result of *H. pylori* is routinely treated with antibiotics that kill the bacteria. In addition to antibiotics, several other types of medication are used to treat gastritis.

* Taking antacids and other drugs to reduce stomach acid
* Avoiding hot and spicy foods

Proton Pump Inhibitors

Medicines called proton pump inhibitors work by blocking cells that create stomach acid. Common proton pump inhibitors including omeprazole

Acid Reducing Medications

Medicines that reduce the amount of acid your stomach produces include ranitidine (Zantac)

Antacids

The doctor may recommend that the use antacids for rapid relief of gastritis pain.

* Avoiding hot and spicy foods.also avoid smokind and drinking alcohole.
* For gastritis caused by *H. pylori*infection, the doctor will prescribe several[antibiotics](http://www.webmd.com/cold-and-flu/rm-quiz-antibiotics-myths-facts) plus an acid blocking drug