



What is it?

- **Appendicitis**- steady pain, worse when walking or coughing, rigid or distended abdomen, pain lasts more than 4 hours in the lower right abdomen
 - Fever, chills, loss of appetite, constipation, nausea, vomiting
- **Urinary Tract Infection**- caused by bacteria usually in the digestive system
 - Pain, itching during urination, cloudy/reddish urine, off odor, frequent urge to urinate without urinating, fever, chills
- **Ovarian Cyst**- intense pain in the abdomen, worse with cough
- **Gallstones**- tiny (usually cholesterol) stones, dull aching, cramping, fever, vomiting- caused by obesity, lack of exercise, High Fat/Sugar/Cholesterol Diet, diabetes, high blood pressure, rapid weight loss, estrogen replacement
- **Kidney Stones**- calcium, oxalate and urine acid, minerals in urine form crystals
 - **Symptoms**- nausea, vomiting, blood in the urine, diarrhea, constipation, loss of appetite, pain when urinating, not comfortable when sitting
 - **Caused by**- poor fluid intake



Signs and Symptoms:

- Bloating, Gas, Diarrhea, Constipation
- **Breastbone**- discomfort, burning
- **Pain**- lower abdomen, lower back, menstrual period, one side of lower abdomen may be pregnancy



Facts:

- **More Common**- in women than men
- **AVOID or Limit**- alcohol, peanut butter, meats, eggs, calcium supplements, candy, chocolate, colas, tea, coffee, beer, berries, figs, grapes, plums, apples, green beans, okra, spinach, sweet potatoes, tomato, collards, broccoli, roe, turnips, almonds, cashews, black pepper, Vitamin C and D, gravies, sauces, broth

What can I do?

- **See your Health Care Provider**
- **See a RD**- for help as needed
- **See a FFF RD**- on line for help
- **Increase Fluids**- water, unsweet beverages
- **Exercise**- > 30 minutes a day

