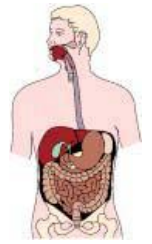


# Gastritis

## What is it?

- **Inflammation**- irritation of the stomach lining
- **Stomach**- can tolerate strong acid
- **Acute Stress Gastritis**- most severe, caused by severe or sudden injury
  - **Example**- Severe Burns, Major Bleeding, Trauma- small bruises develop in stomach lining turn to ulcers, start to bleed, black tarry stools, blood pressure falls
- **Atropic Gastritis**- antibodies attack the stomach lining, loses cells that produce acid, seen in elderly or having part of the stomach removed, can cause pernicious anemia, malabsorption of B12
- **Bacterial Gastritis**- infection by helicobacterpylori organism (bacteria that grow in the stomach lining (mucus secreting cells)
  - Other Bacteria- can develop if no acid is present causing temporary/persistent gastritis
- **Chronic Erosive Gastritis**- irritants as drugs, aspirin, (NSAID's) nonsteroid antiinflammatory drugs, viral or bacterial infection, Crohn's Disease, alcohol abuse- ulcers develop- nausea, pain in upper abdomen, can develop stomach ulcers, black tarry stools (melena), vomiting blood
- **Eosinophilic Gastritis**- allergic reaction to ringworm infestation, white blood cells (WBC's) accumulate in the stomach wall- vomiting, abdominal pain, blocking or narrowing of the duodenum
- **Fungal or Viral Gastritis**- impaired immune system, prolonged illness
- **Menetrier Gastritis**- stomach walls become thick, fluid filled cyst
  - 10% develop stomach cancer- stomach pain, edema due to loss of protein in the inflamed stomach lining
- **Plasma Cell Gastritis**- WBC's (White Blood Cells) plasma accumulate in the stomach walls/organs- vomiting, abdominal pain, diarrhea, skin rash



## What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed on foods allowed and restricted for gastritis
- **See FFF RD**- on line for help

