

GALLSTONE

Meaning: Gallstone: a solid particle that forms from bile components, such as cholesterol or bilirubin, in the gallbladder, often causing pain and digestive issues.

1. Gallstones can form in the gallbladder when there is too much cholesterol or bilirubin.
2. Many people with gallstones experience severe abdominal pain after eating fatty foods.
3. Treatment for gallstones may include medication or surgical removal of the gallbladder.
4. Some individuals may have gallstones without any symptoms, a condition known as "silent" gallstones.
5. A diet high in fiber and healthy fats can help reduce the risk of developing gallstones.

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