

GASTRITIS

Meaning: Gastritis is the inflammation of the stomach lining, often resulting in symptoms such as stomach pain and nausea.

1. Gastritis can cause a range of symptoms, including stomach pain and nausea.
2. Many people with gastritis find relief through dietary changes and medication.
3. Chronic gastritis may lead to more severe complications if left untreated.
4. Stress is often cited as a contributing factor to the development of gastritis.
5. Doctors may recommend an endoscopy to diagnose the underlying cause of gastritis.

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