

# Accepted Manuscript

Dyspepsia

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## Dyspepsia

*What is dyspepsia?*

**Dyspepsia** is another word for **indigestion**. It can cause painful fullness during or after eating. Indigestion is not the same as heartburn. Men and women of any age can get indigestion. Most people have it from time to time, but some get it more often.

*Symptoms*

- The feeling of being full or getting full quickly during a meal.
- Painful fullness after a meal.
- Heat, burning or pain between in the upper belly.

*You should talk to your doctor if:*

- Your indigestion lasts more than two weeks.
- Your symptoms worsen or become more common.
- You see blood in your stool or vomit.
- You start losing weight for no reason.
- You have trouble swallowing.
- You have really bad belly pain.
- You have jaundice (your skin and/or the whites of your eyes turn yellow).

*Causes of non-ulcer dyspepsia*

Certain actions can cause feelings of indigestion, such as:

- Eating too fast or too much in one sitting.
- Eating high-fat, greasy or spicy foods.
- Smoking.
- Drinking alcohol or taking some drugs.
- Consuming too much caffeine.

Indigestion could also be caused by a more serious health problem, such as GERD, peptic ulcer disease, gallstones, problems of the pancreas or bile ducts, gastritis or cancer.

*Treatment*

Talk to your doctor about which treatment would be best for you.

Certain life changes might help symptoms:

- Don't smoke, use tobacco, or drink alcohol, caffeine and carbonated drinks.
- Eat several small, low-fat meals and eat at a slow pace.
- Don't take aspirin or anti-inflammatory drugs, if possible.
- Track your symptoms to find out which foods cause your symptoms.

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