

Make sure to AVOID THE  
FOLLOWING:

- Caffeine
- Citrus juices
- Hot/spicy foods
- Alcohol
- Tomatoes
- Foods high in fat
- Use of nonprescription drugs, such as aspirin and ibuprofen, which may damage the stomach lining and increase your risk of gastritis

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



# Gastritis

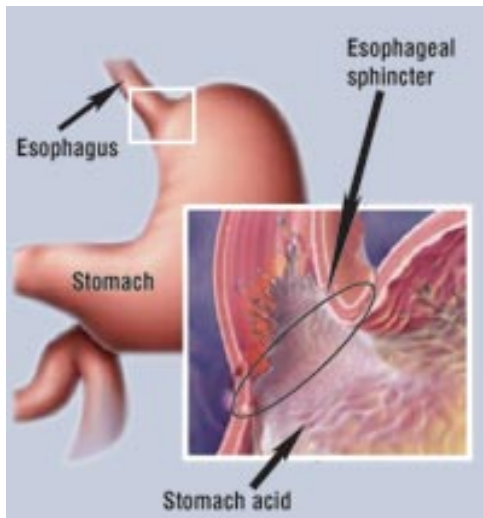


2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

613-520-6674  
[carleton.ca/health](http://carleton.ca/health)  
2600 CTTC Building

## What is Gastritis?

Gastritis is a term used to describe a group of conditions with one thing in common: inflammation of the lining of your stomach. The inflammation of gastritis is often the result of infection with the same bacterium that causes most stomach ulcers. However, other factors — such as traumatic injury, regular use of certain pain relievers or drinking too much alcohol — also can contribute to gastritis. For most people, however, gastritis isn't serious and improves quickly with treatment.



## Symptoms

Symptoms may include abdominal pain or discomfort, indigestion, gassiness, bloating, belching, nausea, and vomiting. There is, however, a poor correlation between these symptoms and the severity of the gastritis. Bleeding from the stomach lining may occur, although this is very rare.



## Treatment

Antacids may be used to provide temporary relief of symptoms. You should stop ingestion of alcoholic beverages during the active phase of the disorder and modify future use to prevent recurrence. If possible, the use of anti-inflammatory drugs should be discontinued. There are specific medications available to protect the stomach lining from the damaging effects of these drugs. Your doctor can advise you regarding this therapy.

## What can I do to help with treatment?

Things to do:

- Try a diet high in protein, low in fat.
- Eat small meals more often and don't eat too quickly.
- Don't eat just before going to bed/ don't lie down just after eating
- Avoid strenuous activities such as lifting, especially just after eating
- Avoid wearing tight clothing around your waist
- Reduce excess weight, if necessary
- Do not smoke cigarettes
- Raise the head of your bed at least 6 inches, to keep acid from remaining in your esophagus overnight
- Try to avoid stress

