



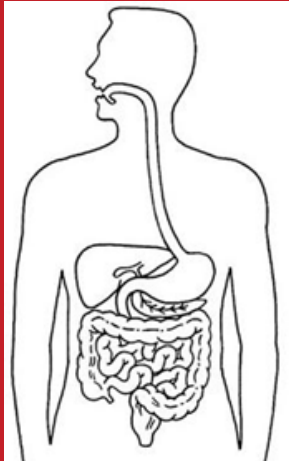
香港紅十字會
HONG KONG RED CROSS

Digestive Health



Refer to the 'Health Facts of Hong Kong' from the Department of Health, starting from 2011, 'diseases of the digestive system' has become the third common disease among the inpatients in all hospitals of Hong Kong. It indicates that nearly 10 in every 100 patients are suffering from these diseases. Besides, the number of patients had increased by around 32%, from 164,000 in 2011 to 217,000 in 2019.

As overnutrition and unhealthy lifestyles have become major health issues in the community, the members of public should pay attention to the relevant diseases with a view to enhancing the awareness.



Digestive system

The digestive system is mainly made up of oral cavity, oesophagus, stomach, small intestine and large intestine. Food will be digested and broken into smaller parts in the digestive system. It will be absorbed into the capillaries and delivered to different parts of body by blood, to provide nutrients and energy to the cells.

Common discomforts/diseases in the digestive system (upper and middle abdomen or stomach)



Abdominal pain, Nausea, Vomiting, Bloating, Acid reflux, Heartburn, Belching, Regurgitation, Loss of appetite and Bloating

Functional dyspepsia can be relieved by changing lifestyles. Prescribed medicines to reduce bloating and promote peristalsis are also conducive.

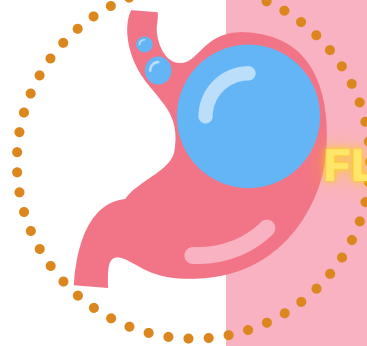
However, if the patient develops persistent loss of appetite, weight loss, vomiting, sudden/persistent abdominal pain, and tarry stools, medical consultation is needed to find out the cause for proper treatment.



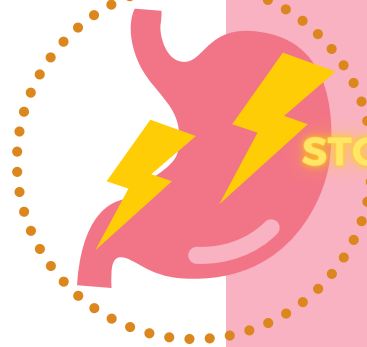
HAVE YOU EVER
SUFFERED FROM
... ?



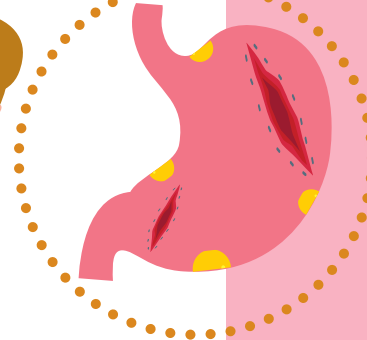
ACIDIC
PLASH



FLATULENCE



STOMACHACHE



STOMACH
ULCERS

Develop a healthy lifestyle for digestive health

Eating habits

- Avoid excessive red meats and processed foods
- Avoid fried and fatty foods
- Avoid undercooked or improper-handled foods
- Eat frequent but smaller meals to avoid overloading the digestive system
- Eat slowly and chew thoroughly
- No talking during eating, avoid aspiration pneumonitis

Living a healthy lifestyle, be aware of mental health

- Living a healthy lifestyle, be aware of mental health
- Get a balanced work and rest pattern.
- Avoid disordered eating and binge eating
- Regular exercise
- No smoking and quit smoking, avoid drinking
- Do not lie down right after eating to prevent reflux
- Immediately go to toilet if needed
- Understand, confront and release emotions and stresses, practice relaxing exercises

Proper use of medication

- Medicines should be prescribed by doctors. Do not consume without any consultation.

Despite the fast-paced life of urbanites, the importance of a healthy lifestyle should not be ignored. Functional dyspepsia will impact daily lives and generate different kinds of discomforts, such as acid reflux and heartburn while sleeping. It is not difficult to prevent digestive diseases only if you pay attention to different types of 'traps'.

Past Issue

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HKRC
'Five Star Health,
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More information:



Issue 126
Bone Health

Issue 125
Hearing

Issue 124
Oral Health

References

Department of Health,
HKSH Healthcare - Family
Medicine and Primary Care Centre

The above information
is for reference only.

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Updated on
08/04/2022

