



## Assessment of the Diseases Caused by Digestive Disorders

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### Description

The digestive system plays a significant role in maintaining overall health and wellness. It is responsible for transferring into essential nutrients, vitamins, and minerals that the body needs for energy, growth, and repair. However, when the digestive system is malfunctioning, it can cause a variety of digestive disorders that can significantly impact a person's quality of life. Digestive disorders can range from mild difficulties such as digestive problems and bloating to more severe conditions such as inflammatory bowel disease and cancer. These disorders can be caused by a wide range of factors, including genetics, lifestyle habits, infections, and underlying medical conditions.

### Digestive disorders

Most common digestive disorders include:

**Gastro-Esophageal Reflux Disease (GERD):** It is a condition in which the Stomach acid implements into the esophageal, causing heartburn, chest pain, and difficulty swallowing.

**Irritable Bowel Syndrome (IBS):** It is a chronic condition that affects the large intestine, causing symptoms such as abdominal pain, bloating, diarrhea, and constipation.

**Ulcerative colitis:** It is an inflammatory bowel disease that causes inflammation and ulcers in the lining of the colon and rectum. Symptoms include abdominal pain, diarrhea, and rectal bleeding.

**Crohn's disease:** Crohn's disease is also an inflammatory bowel disease that can affect any part of the digestive ducts, causing symptoms such as abdominal pain, diarrhea, and weight loss.

**Celiac disease:** It is a condition in which the body is unable to tolerate gluten, a protein found in wheat, rye, and barley. Symptoms include bloating, diarrhea, and weight loss.

### Managing digestive disorders

However there is no cure for digestive disorders, there are several ways to manage them effectively. The following are some of the ways to manage digestive disorders:

**Diet:** Maintaining a healthy diet is essential for managing digestive disorders. People with digestive disorders should avoid foods that trigger their symptoms and focus on eating a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

**Medication:** Various medications are available to manage digestive disorders, including antacids, proton pump inhibitors, and laxatives. These medications can help to alleviate symptoms and improve quality of life.

**Lifestyle changes:** Making lifestyle changes such as smoking inhibition, reducing alcohol consumption, and exercising regularly can also help manage digestive disorders.

**Surgery:** In severe cases, surgery may be necessary to manage digestive disorders. For instance, in the case of ulcerative colitis, surgery may be required to remove the colon and rectum.

### Preventing digestive disorders

While some digestive disorders cannot be prevented, there are several ways to reduce the risk of developing them. The following are some ways to prevent digestive disorders:

**Eat a healthy diet:** Eating a healthy diet efficient in fruits, vegetables, whole grains, and lean proteins can help to reduce the risk of developing digestive disorders.

**Exercise regularly:** Regular exercise can help to maintain a healthy weight and reduce the risk of developing digestive disorders such as irritable bowel syndrome.

**Avoid smoking and excessive alcohol consumption:** Smoking and excessive alcohol consumption can increase the risk of developing digestive disorders.

**Practice good hygiene:** Practicing good hygiene such as washing hands regularly and avoiding immediate proximity with people who are sick can help to reduce the risk of developing infections that can lead to digestive disorders.

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