Alcoholic Gastritis

You have alcoholic gastritis. **This is an inflammation of the lining of the stomach**. It is caused by drinking alcohol. The symptoms may include: burning abdominal pain, nausea, vomiting or even vomiting blood. It can be made worse by a poor diet. People who drink frequently often do not eat well. Taking aspirin or other anti-inflammatory medications increases stomach irritation and bleeding. These medicines should be avoided.

Treatment is aimed at the cause. You have to stop drinking alcohol if you want to get better. Eat a healthy, well-balanced diet. You may take liquid antacids as needed. Your caregiver may prescribe medications to help heal the stomach lining. Take these as prescribed.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop severe abdominal pain, uncontrolled vomiting, or vomiting blood.
- You blackout or have fainting spells.
- You develop seizures (this could be life threatening).
- You develop bloody stools or stools that appear black or tarry.

PREVENTION

- Anyone who has experienced alcoholic gastritis should consider that alcoholism may be an issue. Professional evaluation is highly recommended.
- Although some people can recover without help, most need assistance. With treatment and support, many are able to stop drinking and rebuild their lives. Long-term recovery is possible.
- **Alcohol Addiction cannot be cured, but it can be treated successfully.** Treatment centers are listed in telephone listings under:
  - Alcoholism and Addiction Treatment; Substance Abuse Treatment or Cocaine, Narcotics and Alcoholics Anonymous. Most hospitals and clinics can refer you to a specialized care center.
- The U.S. government maintains a toll-free number for treatment referrals: 1-800-662-4357 or 1-800-487-4889 (TDD). They also maintain a website: http://findtreatment.samhsa.gov. Other websites for more information are: www.mentalhealth.samhsa.gov and www.nida.gov.
- In Canada, treatment resources are listed in each province. Listings are available under:
  - The Ministry for Health Services or similar titles.

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