



Daily Care of Stomach Upset (Peptic Ulcer Disease)

消化性潰瘍 (胃脘痛) 中醫保健(英文)

How to diagnose Peptic Ulcer ?

Peptic ulcer is a kind of digestive tract disease which tends to break out repetitively. The cause of ulcer is related to the digestion of gastric acid and pepsin.

The disease can happen in gastrointestinal tract and any area where gastric juice existed. 98% of ulcer is in stomach and duodenum, so it is also named gastric ulcer or duodenal ulcer.

Modern research found that more than 90% peptic ulcer is associated with *Helicobacter pylori*. The condition of peptic ulcer can also be induced or aggravated by smoking, medicine, chemical agents, spicy food, environment, mental provocation, or gene. The symptoms include epigastric pain, belch, nausea, tarry stool, and anemia-related symptoms (fatigue, general weakness... ect).

Resting, taking medicine (proton pump inhibitor, H2 blocker, antacid), and pressing on the aching area might help relieving the symptoms.

However, few patients have no symptom. There are few patients who are troubled by bleeding or perforated complications.

In Traditional Chinese medicine (TCM), peptic ulcer is homologous to " stomach pain " or " liver qi invades the stomach " according to its clinical manifestations. Its complications are similar to " vomiting " and " blood syndrome " .

What are the advantages of Traditional Chinese medicine treatment?

1. The development of modern medicine includes use of endoscopy and understanding of pathophysiology; all of which contributes to Chinese medicine, and provides brand-new interpretations for the mechanism of the disease.
2. Besides medication, TCM values more about adjusting patients' lifestyle and diet.
3. TCM is more effective to patients who constantly suffer from repetitive break out of the disease.
4. TCM is more cost-effective.

What should I pay attention to my diet?

1. Eat slowly, keep a relaxed emotion, and rest after meals before starting any work.
2. Regular meals.
3. Maintain a balanced mild diet without any stimulation.
4. Steaming, boiling, or stewing food instead of frying, and roasting it. Paste your food in order to make digestion easier, and avoid spicy seasoning.

What foods should I avoid eating?

1. Flavored and condensed milk.
2. Pickled food such as chowchow and pickles.
3. Old meat and meat with too much tendon such as beef tendon.
4. High sour density fruits or fruits with rinds, seeds, and much fiber such as guava, banana, pineapple, lychee, strawberry, and longan.
5. Stimulating seasoning such as chili, pepper, garlic, curry, shacha sause, and mustard.
6. Sweetmeats and Foods made from glutinous rice such as rice cake and rice dumpling.
7. Fried, roasted, and deep fried foods.
8. Stimulating beverage such as strong tea, coffee, and wine.
9. Nuts like cashew nuts, walnuts, and peanuts.

Note : Everyone reacts to food differently; therefore, diets should be adjusted accordingly.

Daily care

1. Avoid staying up late and live a regular lifestyle.
2. Avoid stress and tenseness.
3. Watch out for the temperature change and stay warm.
4. No smoking or drinking.
5. No over-the-counter drug.

若有任何疑問，請不吝與我們聯絡
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