Weill Cornell Medicine

Digest the Facts About Gastroparesis



With gastroparesis, the gears of digestion can grind to a halt.

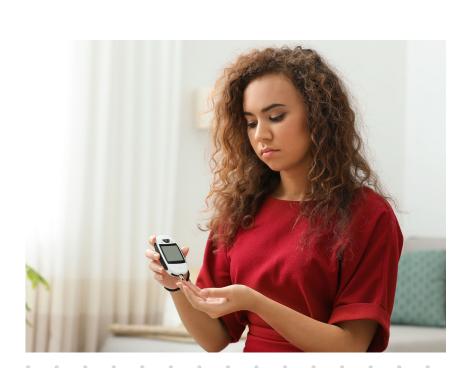
August is Gastroparesis Awareness Month.

Learn more about this rare condition in which the stomach muscles struggle to move food into the small intestine.

Cause: Often Unknown

Most of the time, gastroparesis occurs for unknown reasons. **However, some causes may be due to:**

- -Certain autoimmune diseases and nervous system disorders
- -Diabetes
- -Narcotics and other types of medication that affect the stomach emptying
- -Stomach infections
- -Surgical injury to the vagus nerve, which controls key digestive organ muscles





Digestive Distress

Do you feel full after barely a few bites? It could be a symptom of gastroparesis. **Others symptoms include:**

- -Bloating
- -Frequent burping
- -Lack of appetite
- -Nausea
- -Upper abdominal pain
- -Vomiting
- -Weight loss

Mind What You Eat

What options are available to treat gastroparesis? For many people, treatment involves changing their eating habits, but other steps may also be necessary. **Here's what you can do:**

- -Avoid spicy, fatty and high-fiber foods
- -Don't drink alcohol
- -Drink plenty of water
- -Eat low-fat and low-fiber foods
- -Manage diabetes by controlling your blood glucose levels
- -Space six small meals throughout the day
- -Take medicines that your physician prescribes to aid stomach function and reduce symptoms



Have questions about your digestive health? We can help.

Find a doctor today: weillcornell.org/doctors