



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**



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