

# Left Side Abdominal Pain

The abdomen is an area of the body that houses the stomach, liver, appendix, and some other important organs. It has the ribs on the top and the pelvis at the bottom. Abdominal pain is a common occurrence, and practically every specific suffers from it when in their lifetime. However, persistent or acute pain should not be taken lightly, and immediate medical attention should be sought. Left side abdominal pain can occur due to a number of reasons. It might be triggered due to injury to the organs, like the spleen, stomach, blood vessels, and nerves on the left side of the abdominal area, or the left part of paired organs, like the kidney, ureters, adrenal gland, ovary, etc. Alternatively, such pain could also indicate some serious disease or infection.



## Bacterial Infections and Bowel Obstruction

There are numerous types of bacterial infection such as salmonella, shigella, and yersinia, etc., that can contaminate the mucous membrane of intestine. Such infection can cause excessive mucus to pass with stool. Bowel obstruction problems such as irregularity can lead to the presence of mucus in stools. They are also accompanied by severe abdominal cramps, fever, and vomiting.

So, what is a nervous breakdown exactly? It can be called a symptom of a particular psychiatric condition. This condition is seen as an acute emotional or psychological collapse of a person. The specific develops loss of interest in all activities. He/she experiences symptoms such as confusion, disorientation, uncontrollable crying, etc. The person may also lose his self-confidence and self-esteem. In extreme cases, catatonic posturing is seen. In this condition, the person is not able to move. Nervous breakdown is a term that we tend to use loosely in our daily lives. For example, you may hear a student say, 'I almost had a nervous breakdown the minute I heard I may not be able to get into the school's basketball team!'. This statement implies a state of 'anxiety' or 'sudden panic' one experiences.

## Digestive Problems in Older Children

Constipation: In this condition, kids have infrequent bowel movements. Its symptoms are hard stools, which are difficult to pass. Stool withholding, lack of fiber in diet, and side effects of medications are the most common causes of **constipation**. Constipation in children can be relieved and routine bowel movements can be restored by including lots of fiber-rich foods in their diet.

## Unrestrained Consumption of Alcohol Affects the Liver and is Also Bad for Health

By the time the signs of ALD surface, one may already be in an advanced stage of the disease. It is best to drink in moderation and have a healthy diet as obesity has been found to increase the risk of alcoholic liver disease among heavy drinkers.

“



**Gluten Allergy Symptoms** *Gluten is a type of protein that is very complicated, and for this reason is very tough to absorb. This is the reason why infants are not given wheat when they were initially presented to solid foods. They are given a thin porridge made of rice,...*



Irritable Bowel Syndrome Diarrhea Nausea Constipation

## Ovarian Cysts

Some cases, cysts are formed in the ovaries in women, better known as ovarian cysts. Existence of cysts in the left ovary triggers mild to severe left side abdominal pain. Many-a-times, surgery is carried out to eliminate the cysts from the ovary. Ovarian cyst is one of the most common cause of left side abdominal pain in females.

## Ulcerative Colitis

This is a type of inflammatory bowel disease (IBD) that affects the large intestine and anus. It results in ulcers in the colon, which in turn might give rise to symptoms such as bloody stool, presence of pus and mucus in the stool, rectal pain, stomach discomfort and cramping, weight loss, diarrhea, urgency to defecate, failure to pass stool despite the urgency to defecate, etc.

## . Boost Fluid Consumption

Improving digestion is the key to avoid smelly burps. For good digestive health, it is necessary to increase intake of fluids, especially water. Adequate consumption of water helps digestion, which may contribute to minimize the episodes of sulfur burps.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.