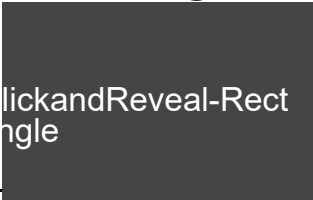# Oct 9, 2019

1) finish Video

2) Digestive System Problems

Warm - Up

More than _____ Canadians are believed to be affected by celiac disease with only approximately 110,000 diagnosed.
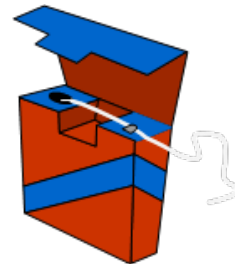
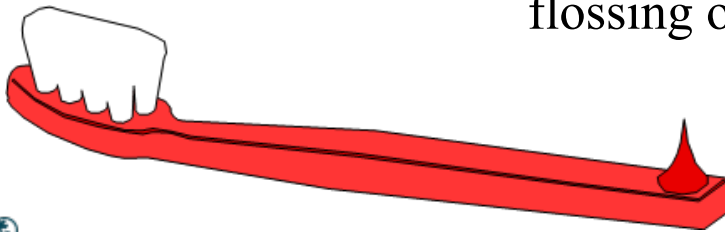# Digestive System Problems Video

Problems with Digestion

Tooth Decay = the most common digestive problem

caused by bacteria that live in the mouth

prevented by daily brushing and flossing of teeth

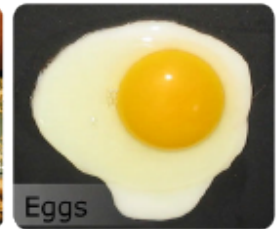Apr 3-6:16 PM

Food allergies

when our <u>bodies</u> react to <u>substances</u> in food and think they are <u>invaders</u> in your body.

symptoms include <u>itching</u> and swelling of the lips and mouth and can be <u>severe</u> (trouble breathing, throat closure etc)
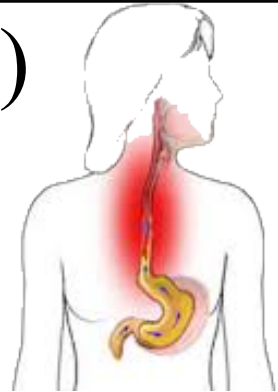
Common Food Allergies

Milk   Shellfish   Nuts

Grains   Eggs

Oct 21-2:09 PM

Disorders of the Esophagus/Stomach

Oct 16-3:05 PM

Heart Burn (aka acid reflux)

If it is chronic it will be called <u>GERD</u>

not your <u>heart</u> burning, but <u>acid</u> from your stomach moves up into your <u>esophagus</u>. (because the esophagus is behind the heart it feels as though your heart is burning)

The acid <u>irritates</u> the esophagus and causes a burning <u>sensation</u> and can cause serious <u>damage</u> if the problem is not corrected.

can be caused by:
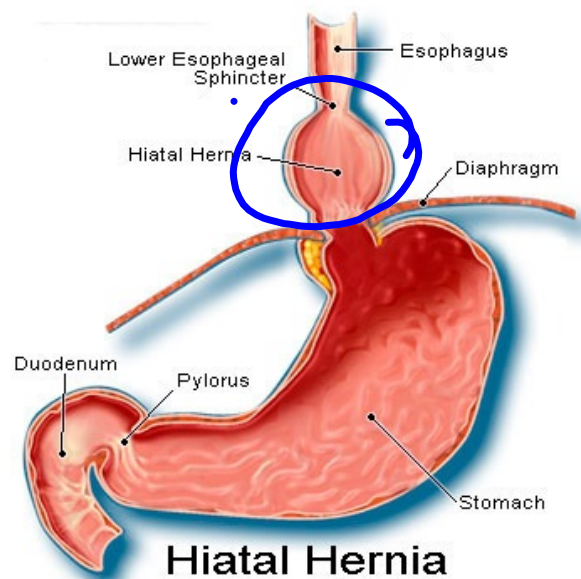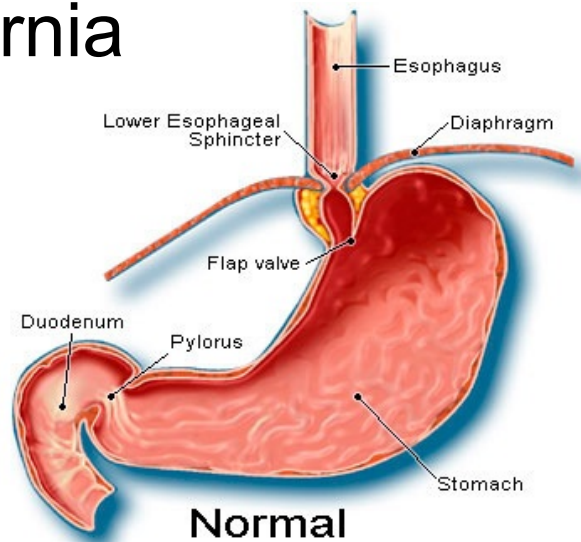>   fried and fatty foods
>   <u>tobacco</u>
>   alcohol
>   citrus fruits and <u>juices</u>

all these <u>relax</u> the part of the <u>esophagus</u> that closes off when food enters the stomach

Apr 3-6:25 PM

Hiatal Hernia

- a <u>weakness</u> in the diaphragm where the stomach and <u>esophagus</u> join causes the stomach to move <u>upward</u>

- Minor <u>irregularities</u> are common but some require <u>surgery</u> if the symptoms worsen

- you will experience <u>discomfort </u>after eating, inflammation of the stomach lining, or <u>ulcers</u>.

Normal

Hiatal Hernia

Oct 16-3:02 PM

7

Nausea and Vomiting

Vomiting (emesis) is the <u>expulsion</u> of your stomach contents through the mouth

the <u>muscles</u> in the abdomen forcibly empties the <u>stomach</u>

Nausea is an <u>unpleasant</u> sensation of <u>queasiness</u> (can be caused by multiple reasons, pregnancy, motion etc)

Oct 16-3:12 PM

Attachments

Managing_Your_Health__The_Digestive_System.asf