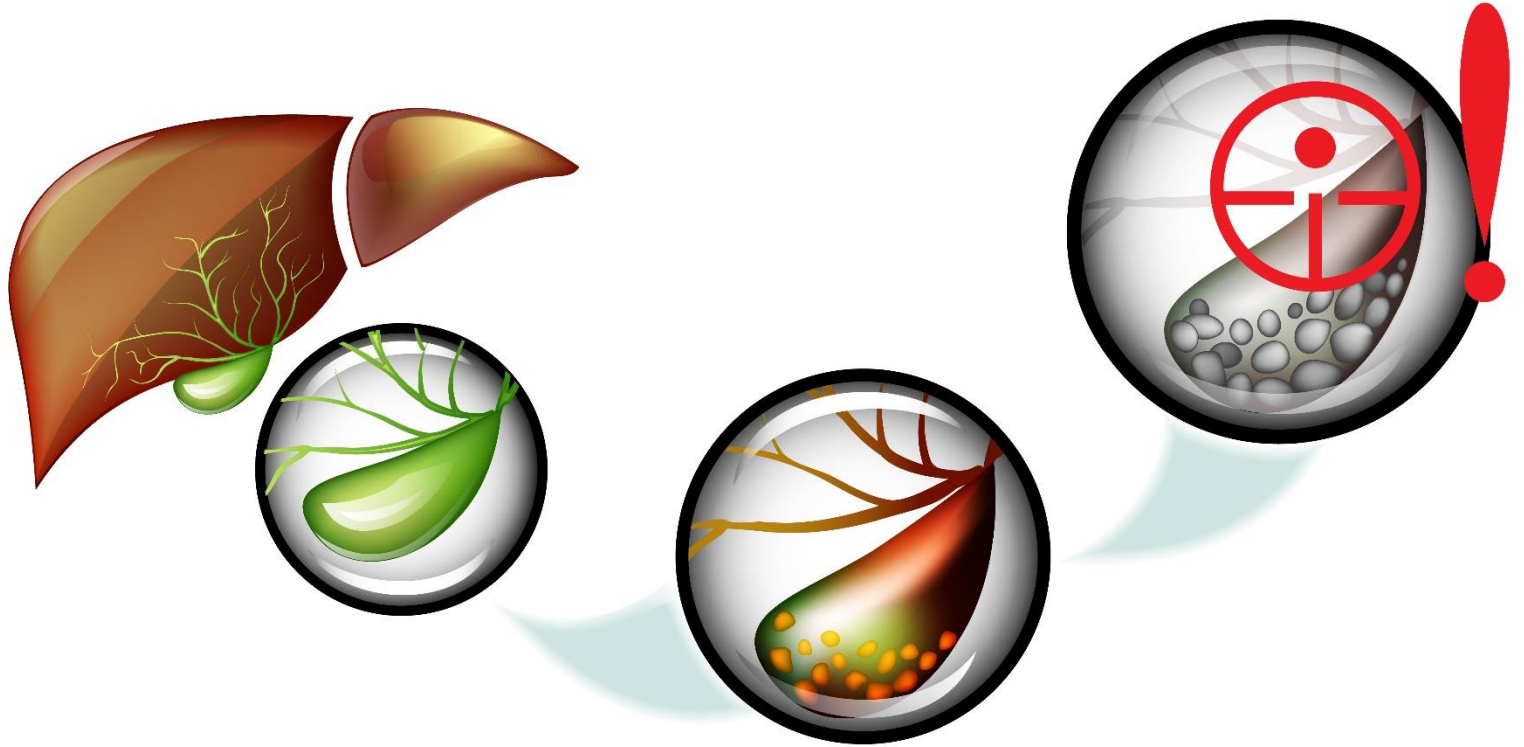


GALLBLADDER STONES



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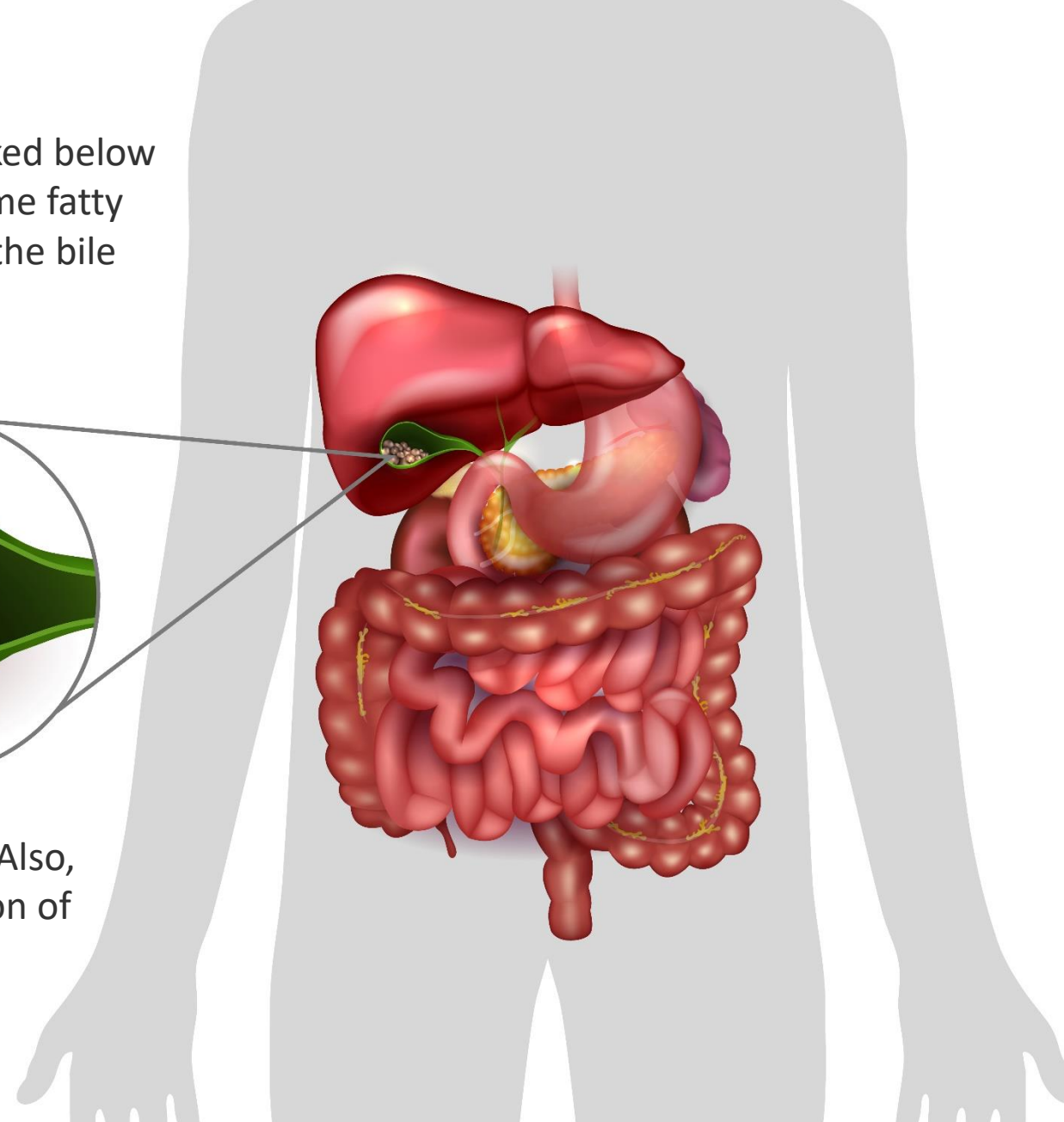
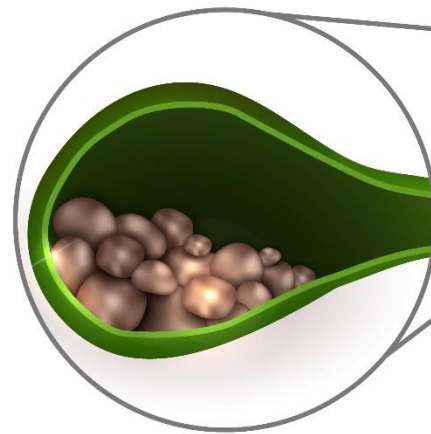
WHAT IS GALLBLADDER

The gall bladder is a storage place for digestive (bile) juice. It is tucked below the liver, in the right upper side of the abdomen. When you consume fatty foods, the gall bladder pushes bile juice into the intestine through the bile duct, to aid digestion.

WHAT ARE GALLSTONES OR GALLBLADDER STONES?

The bile juice can result in formation of small pebble like stones in the gallbladder, commonly called as gallstones or gallbladder stones.

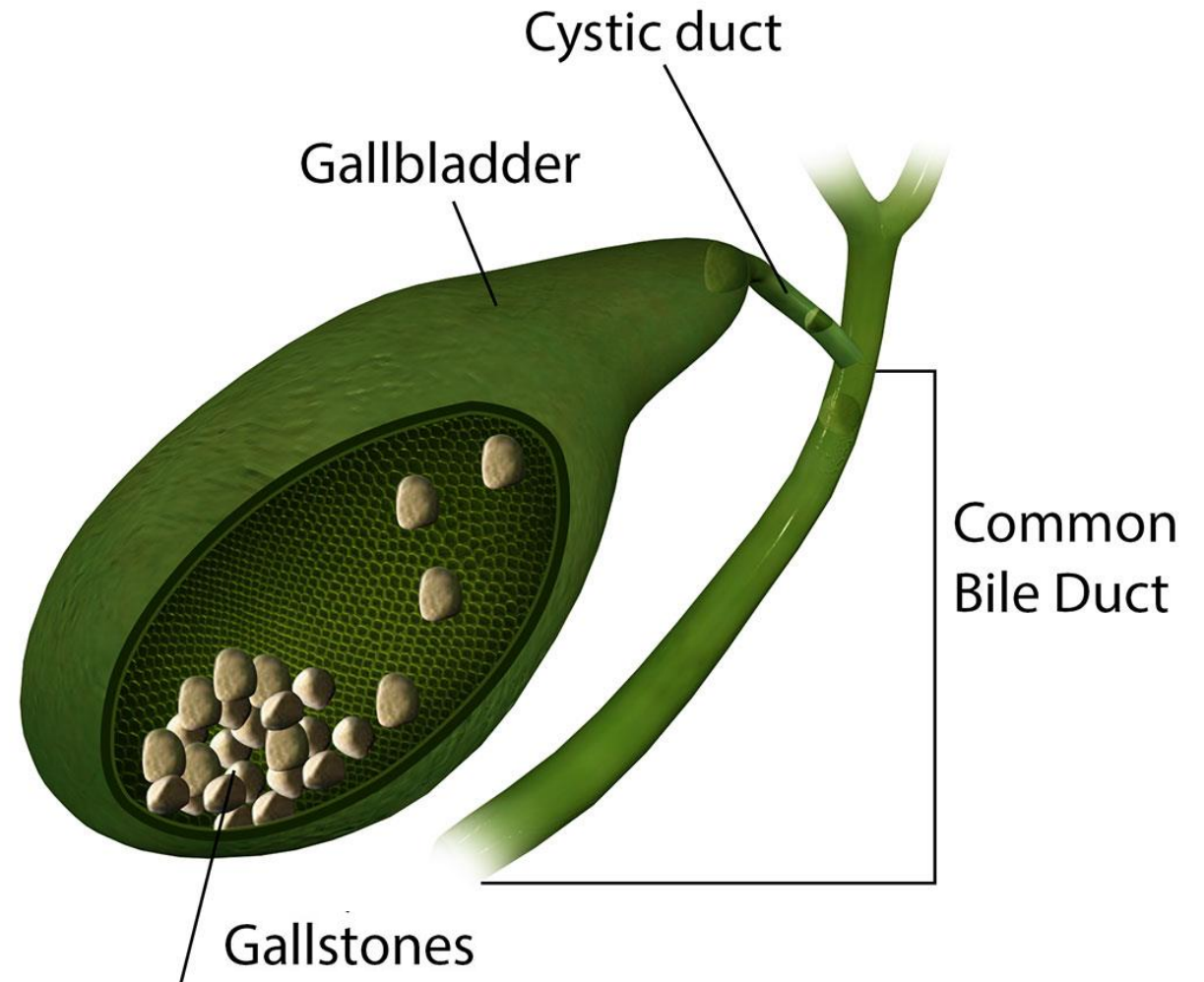
Gallstones can either be as big as golf ball or as small as a pebble. Also, there can be one large stone or many small stones or a combination of both.



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4 TYPES OF GALLSTONES

- Cholesterol Stones
- Pigment Stones
- Mixed Stones
- Stones with Calcium Content



WHO IS MORE PRONE TO DEVELOP GALLSTONES OR GALLBLADDER STONES?

Gallstones may be found more commonly in:

- Pregnant women
- People of age >40 years
- Obese people
- People undergoing sudden weight loss
- People on carbohydrate and/or calorie rich diet
- Those with a positive family history of gallstones
- People having family history of gallstones
- Suffering with health issues such as diabetes and certain intestinal and liver diseases



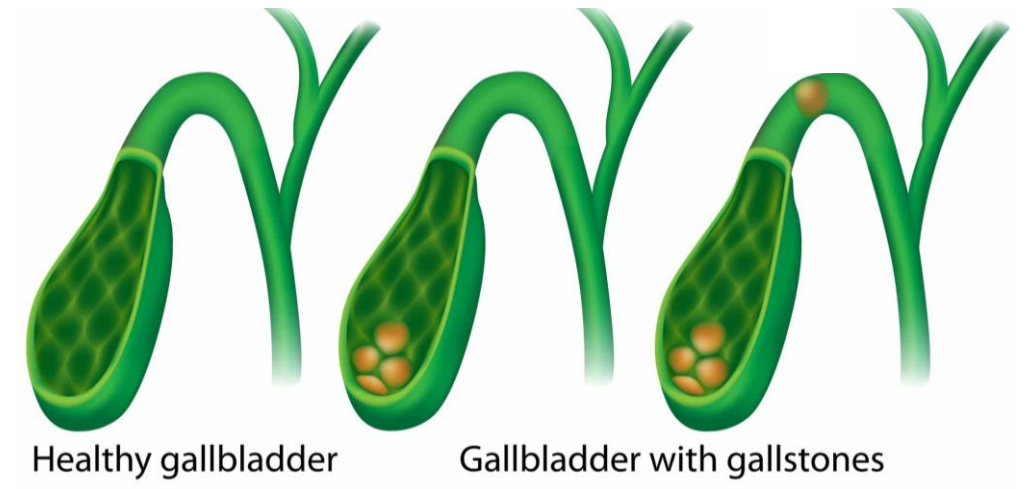
WHAT ARE THE SYMPTOMS OF GALLSTONES OR GALLBLADDER STONES?

Some gallstones remain 'silent' and do not cause any symptoms. However, some move and block the bile flow, causing a sudden pain in the upper right abdomen.

- Attacks may occur every few days, weeks, or months; they may even be separated by years.
- The pain usually starts within 30 minutes after a fatty or greasy meal.
- The pain is usually severe, dull, and constant, and can last from one to five hours.
- It may radiate to the right shoulder or back.
- It occurs frequently at night and may awaken the person from sleep.
- The pain may make the person want to move around to seek relief, but many patients prefer to lay still and wait for the attack to subside.

Other common symptoms of gallstones include the following:

- Nausea and vomiting,
- Fever,
- Indigestion, belching, bloating,
- Intolerance for fatty or greasy foods, and
- Jaundice (yellowing of the skin or the whites of the eyes).



Warning signs of a serious problem are fever, jaundice, and persistent pain.



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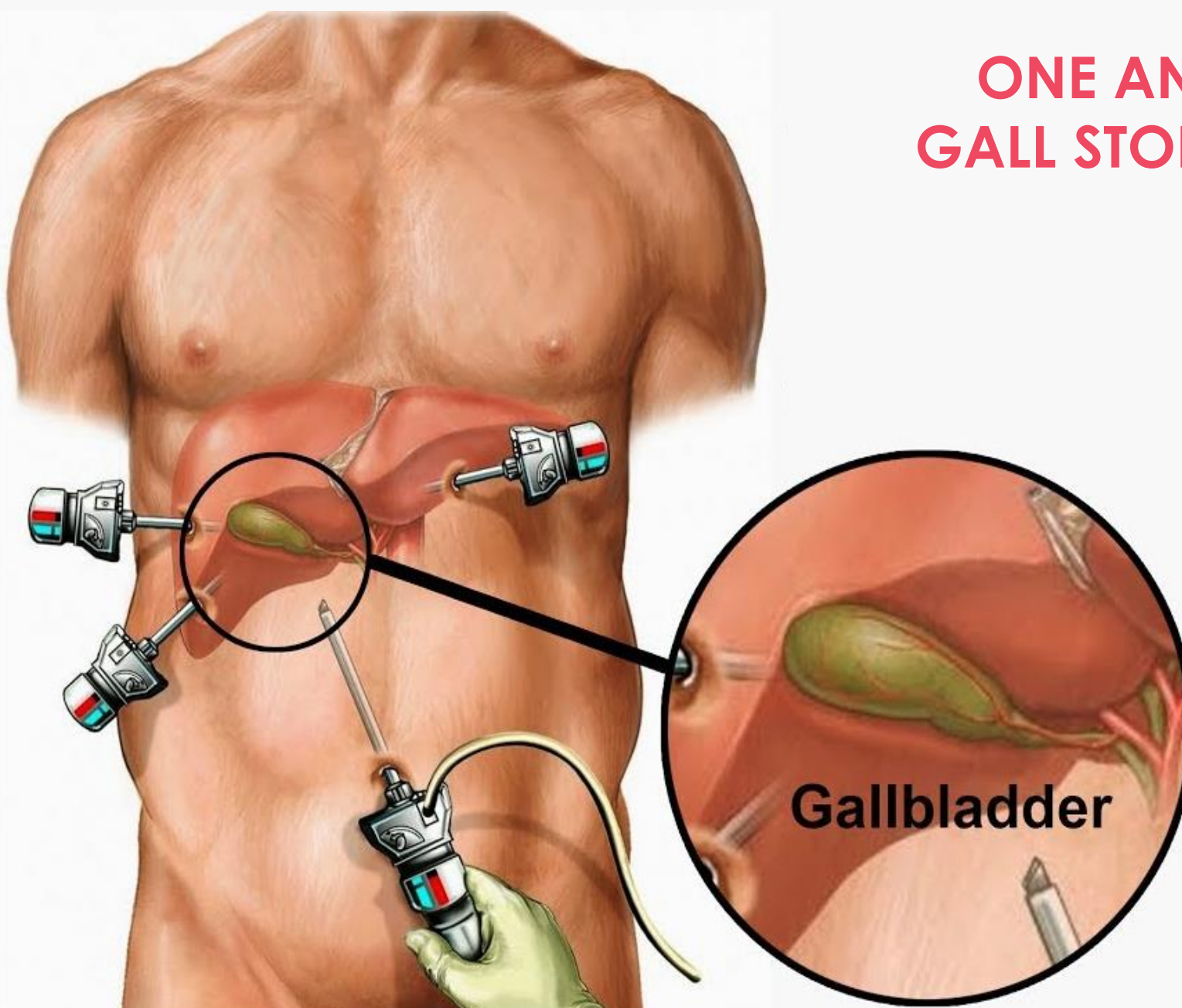


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ONE AND ONLY TREATMENT FOR GALL STONES IS CHOLECYSTECTOMY



Gallbladder Stones



WHEN SHOULD YOU CONSULT A DOCTOR FOR GALLSTONES?

If you have any of the below symptoms, visit a **Ananya Gastroenterology** immediately without further delay.

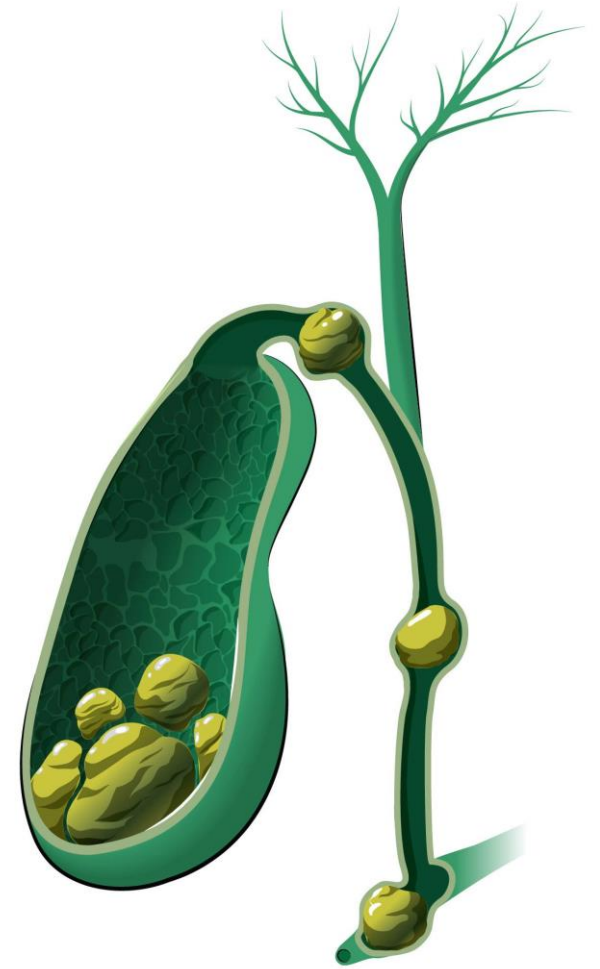
- Severe pain in abdomen lasting for more than 5 hours
- Nausea and vomiting
- Presence of fever or chills
- Yellowish discoloration of the white of the eye or skin, known as jaundice
- Discoloration of urine and stools



WHAT ARE THE COMPLICATIONS IF GALLSTONES ARE NOT TREATED?

There are many possible complications that can occur due to gall stones, below are few that are important, which require immediate surgery

- Infection: life threatening condition, especially if it spreads to other organs (a condition called septicaemia)
- Gallbladder Rupture: Gallstones may completely block the bile duct and cause the gland to rupture
- Pancreatitis: sometimes smaller stones can pass through the bile duct and block pancreatic duct causing Pancreatitis, an extremely life threatening condition which needs prolonged treatment and surgery





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