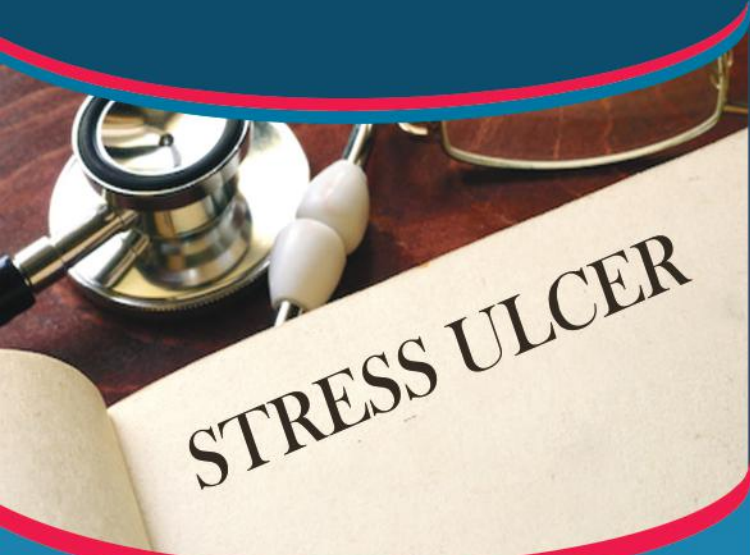




# Stress Ulcer



## ▶ Treatment of Stress Ulcers ◀

The treatment of gastric ulcer depends on the cause of the ulcer. If the ulcer is caused by H. Pylori bacteria, it should be treated with antibiotics and acid blockers prescribed by a doctor.

Gastric or peptic ulcer: It is possible to treat gastric ulcer caused by NSAIDs with over-the-counter medications; Including:

- ▶ Stop taking NSAIDs
- ▶ Proton pump inhibitors
- ▶ H2-receptor antagonists

Oral ulcers can be managed by lifestyle changes; Including:

- ▶ Avoid eating certain foods such as salty, hard, acidic, spicy, hot or alcoholic.
- ▶ Manage any infections or medical conditions related to your mouth ulcers
  - ▶ Manage your stress level
- ▶ Stop or restrict the use of tobacco products.
  - ▶ Drink through a straw.
  - ▶ Brush your teeth gently twice a day.

## ▶ Causes and triggers of stress ulcers ◀

- ▶ Viral infection
- ▶ Biting or injuring your lip, tongue or inside of your cheek
  - ▶ Hormonal changes in women
    - ▶ Stress
    - ▶ Some foods
  - ▶ Specific medical conditions

## ▶ Diet in stress ulcers ◀

There are no strict food rules to eat, but try to choose the best foods and definitely avoid foods that make you feel worse or may trigger stomach acid over production and reflux.



## ▶ Compatible foods ◀

- ▶ Fruits (any kind; fresh or frozen) ,  
Vegetables , beans
- ▶ Lean meats (for example: skinless chicken,  
lean red meat)
  - ▶ Fish and seafood , Egg
- ▶ Fermented dairy products (such as kefir or  
yogurt)
- ▶ Healthy fats (such as: olive oil, avocado,  
nuts and nuts)
  - ▶ Whole grains , Green tea

## ▶ Incompatible foods ◀

- ▶ Alcohol
- ▶ Coffee
- caffeinated foods and beverages
  - ▶ Milk or cream
  - ▶ Fatty meats
  - ▶ Fried or high-fat foods
  - ▶ Highly spicy foods
  - ▶ High-salt or salty foods
  - ▶ Citrus fruits and juices
  - ▶ Tomatoes and their products
    - ▶ Chocolate



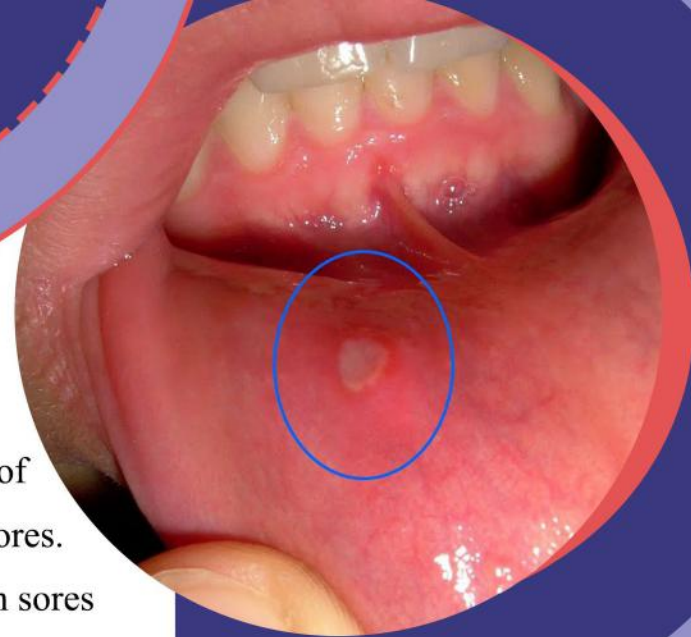
## Stress Ulcer



Stress Ulcer

### Symptoms of Stress Ulcers

Symptoms of various types of ulcers include pain and open sores. You will only be able to see open sores in mouth ulcers.



### Stress Ulcer

An ulcer occurs when tissue in an area of the mouth, stomach, esophagus, or other part of the gastrointestinal tract becomes damaged.

This area becomes irritated and inflamed, causing a hole or sore. These ulcers are at risk of bleeding; Therefore, ulcers that occur in the stomach and intestines should be monitored.

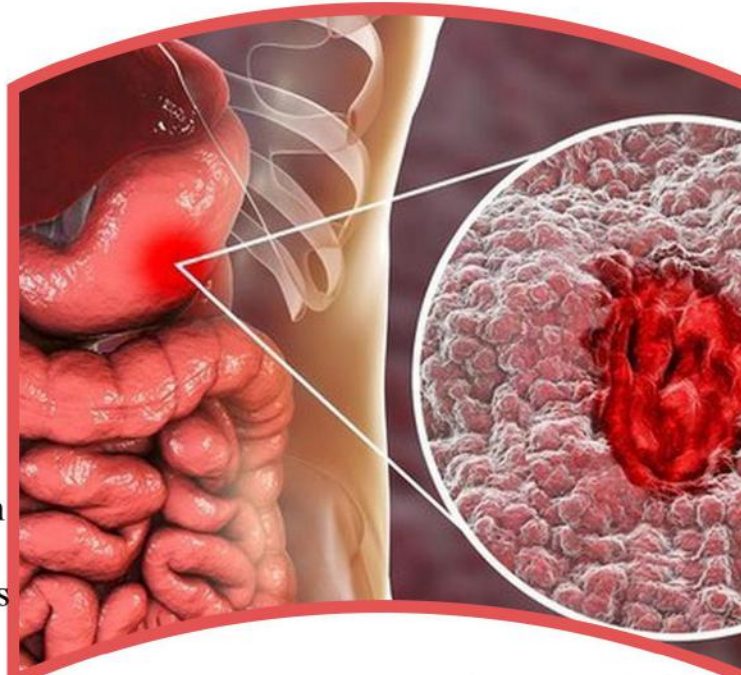
### Stress and wounds

The type of ulcer that is commonly referred to as a stress ulcer is triggered by physical stress.

The physical stress can occur in some of the following forms:

Serious long-term illness, surgery, Trauma to the brain or body, Serious burns, Damage to the central nervous system.

Other ulcers, such as mouth ulcers and stomach ulcers, may not be caused directly by stress. However, there is evidence that emotional stress exacerbates them.



Other symptoms of mouth ulcers may include:

- ▶ Feeling irritated
- ▶ Pain when touched
- ▶ Sensitivity

### Complications of Stress Ulcers

Untreated stomach ulcers may cause the following severe symptoms:

- ▶ Decreased appetite and weight loss
  - ▶ Breathing problems
  - ▶ lightheadedness or faintness
  - ▶ Vomiting
  - ▶ Nausea
  - ▶ Black stools
  - ▶ Internal bleeding
  - ▶ Gastric obstruction