



GastroDoxs
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Erosive Gastropathy

A Practical Guide For Patients

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Introduction: **Erosive Gastropathy**

Erosive Gastropathy is a condition characterized by inflammation and erosion of the stomach lining, often resulting in upper abdominal discomfort or pain. Unlike peptic ulcers, erosive gastropathy involves superficial damage to the gastric mucosa rather than deep ulceration. It can be triggered by various factors, including prolonged use of nonsteroidal anti-inflammatory drugs (NSAIDs), excessive alcohol consumption, stress-related mucosal damage, bile reflux, or infections such as *Helicobacter pylori*. Symptoms may range from mild indigestion and bloating to nausea, vomiting, or gastrointestinal bleeding in severe cases. Diagnosis typically involves endoscopy, which allows direct visualization of the inflamed and eroded areas, and sometimes biopsy to rule out other conditions. Treatment focuses on removing or controlling causative factors, reducing stomach acid, and promoting mucosal healing. Early detection and management are important to prevent complications such as chronic bleeding, anemia, or progression to more severe gastric diseases.

Key Takeaways

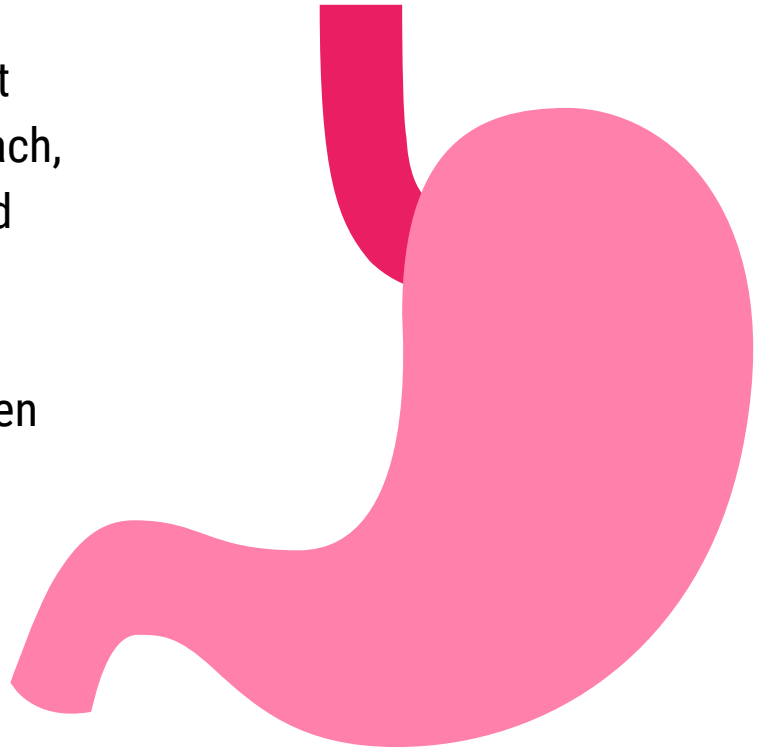
- **Definition:** Inflammation and superficial erosion of the stomach lining.
- **Not Deep Ulcers:** Unlike peptic ulcers, damage is limited to the mucosal layer.
- **Common Causes:** NSAID use, alcohol, stress, bile reflux, *H. pylori* infection.
- **Symptoms:** Upper abdominal pain, bloating, nausea, vomiting, possible gastrointestinal bleeding.
- **Diagnosis:** Primarily via endoscopy; biopsy may be performed if needed.



What Causes **Erosive Gastropathy**?

Known Causes

Erosive gastropathy can arise from multiple factors that disrupt the protective lining of the stomach, leading to superficial erosion and inflammation. Prolonged use of **nonsteroidal anti-inflammatory drugs (NSAIDs)**, such as ibuprofen or aspirin, is a leading cause, as these medications inhibit protective prostaglandins in the gastric mucosa. **Excessive alcohol consumption** irritates and damages the stomach lining, while stress-related mucosal damage-common in critically ill patients-can also contribute. **Bile reflux**, where bile flows back into the stomach, can erode mucosal tissue over time. Infection with **Helicobacter pylori** is another key factor, promoting inflammation and weakening mucosal defenses. Less commonly, chronic use of corticosteroids, certain medications, or systemic illnesses may predispose individuals to erosive gastropathy. The condition often results from a combination of these factors rather than a single cause, highlighting the importance of identifying and managing risk factors to prevent progression and complications.



Common Signs & Symptoms

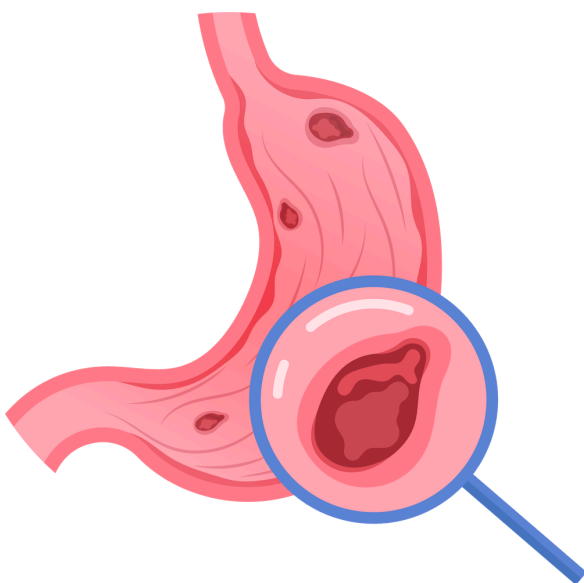
Common signs and symptoms of erosive gastropathy include upper abdominal pain or discomfort, bloating, nausea, vomiting, loss of appetite, and, in severe cases, gastrointestinal bleeding, which may present as vomiting blood or black, tarry stools.

Core Symptoms Include:

- Upper abdominal pain or burning sensation
- Bloating and fullness after meals
- Nausea and occasional vomiting
- Loss of appetite
- Mild indigestion or discomfort
- Fatigue if chronic bleeding leads to anemia



Severe cases can also cause:



- Gastrointestinal bleeding (vomiting blood or black, tarry stools)
- Severe, persistent upper abdominal pain
- Anemia due to chronic blood loss
- Unintentional weight loss
- Weakness or dizziness from significant blood loss
- Risk of stomach perforation in extreme cases

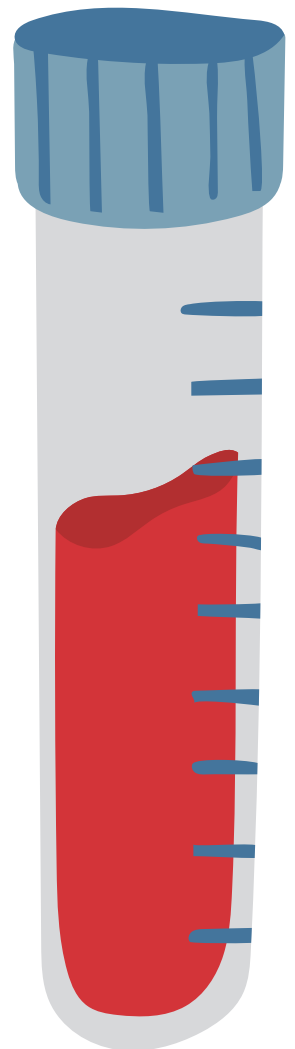


Diagnosis & Medical Testing

Diagnosis of erosive gastropathy involves a thorough medical history, physical examination, and diagnostic tests. **Endoscopy** is the primary tool to visualize mucosal erosions, while **biopsy, blood tests, and stool tests** help assess bleeding, infection, or underlying causes.

Diagnostic Tools

- **Upper Endoscopy (EGD):** Direct visualization of the stomach lining to identify erosions.
- **Biopsy:** Tissue samples taken during endoscopy to rule out infection or malignancy.
- **Blood Tests:** Assess for anemia, infection, or inflammation.
- **Stool Tests:** Detect gastrointestinal bleeding or infections.
- **Helicobacter pylori Testing:** Breath, blood, or stool tests to identify bacterial infection.
- **Abdominal Ultrasound:** Evaluates other abdominal organs and complications.
- **CT Scan or MRI:** Detailed imaging if structural abnormalities are suspected.
- **Medication History Review:** Identifies NSAID or corticosteroid use contributing to mucosal damage.
- **Lifestyle Assessment:** Evaluates alcohol intake, smoking, and stress factors.
- **Symptom Diary:** Tracks pain, bleeding, or triggers to aid diagnosis.



Diet

A stomach-friendly diet for erosive gastropathy emphasizes **small, frequent meals**, avoiding **spicy, fatty, or acidic foods**, limiting **alcohol and caffeine**, and including **fiber-rich, bland foods**. Proper hydration and balanced nutrition support healing and reduce irritation.

Key Insights

- Eat **smaller, frequent meals** to reduce stomach stress.
- Avoid **spicy foods** that irritate the gastric lining.
- Limit **fatty and fried** foods to prevent discomfort.
- Reduce **acidic foods** such as citrus and tomatoes.
- **Minimize alcohol** consumption to protect mucosa.
- Limit caffeine from **coffee, tea, and energy drinks**.
- Include **fiber-rich foods** like whole grains, vegetables, and fruits.
- Choose lean proteins such as **fish, chicken, or legumes**.
- **Stay hydrated** with water or herbal teas.
- Avoid **late-night meals** to reduce reflux risk.
- Track **food triggers** to identify personal sensitivities.
- Incorporate bland foods like **rice, oatmeal, and bananas** for healing.



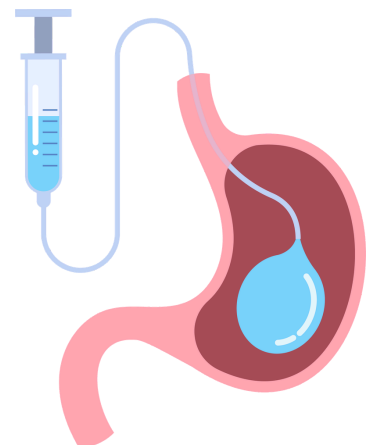
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Medications & Treatment Options

Medications for erosive gastropathy focus on reducing stomach acid and promoting mucosal healing. Common treatments include **proton pump inhibitors**, **H2 receptor blockers**, **antacids**, **antibiotics for H. pylori**, and discontinuation of **NSAIDs** or other irritant medications.

Treatment Options

- **Proton Pump Inhibitors (PPIs):** Reduce stomach acid and promote healing.
- **H2 Receptor Blockers:** Decrease acid production.
- **Antacids:** Provide immediate relief from acidity.
- **Antibiotics:** Treat H. pylori infection if present.
- **Discontinuation of NSAIDs:** Prevent further mucosal damage.
- **Avoid Alcohol and Smoking:** Reduce irritation to the stomach lining.
- **Dietary Modifications:** Eat bland, low-fat, non-spicy foods.
- **Stress Management:** Reduce stress-induced mucosal injury.
- **Endoscopic Therapy:** For bleeding lesions if needed.
- **Surgery:** Rarely required, only in severe complications.
- **Nutritional Support:** Address deficiencies from chronic symptoms.
- **Regular Monitoring:** Track healing and prevent recurrence.



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Advanced Therapies & Procedures

Advanced therapies for erosive gastropathy are reserved for severe or treatment-resistant cases. These include **endoscopic interventions** to control bleeding, **surgical procedures** for perforations or severe mucosal damage, and targeted management of underlying causes such as refractory *H. pylori* infections.

Therapy Options

- **Proton Pump Inhibitors (PPIs):** Reduce stomach acid and promote healing.
- **H2 Receptor Blockers:** Control acid secretion.
- **Antacids:** Provide fast symptom relief.
- **Antibiotics:** Eradicate *H. pylori* infection.
- **Discontinue NSAIDs or irritant drugs:** Prevent further damage.
- **Dietary adjustments:** Bland, low-fat, non-spicy foods.
- **Lifestyle modifications:** Avoid alcohol, smoking, and stress triggers.
- **Endoscopic therapy:** For bleeding or erosive lesions.
- **Surgical intervention:** Rare, for perforation or severe complications.
- **Nutritional support:** Address deficiencies and support healing.
- **Symptom monitoring:** Track pain, bleeding, or triggers.
- **Stress management techniques:** Meditation, relaxation exercises.
- **Regular medical follow-up:** Ensure proper healing and prevent recurrence.
- **Hydration maintenance:** Support mucosal recovery.



Coping With **Erosive Gastropathy**

Coping with erosive gastropathy involves following prescribed medications, adopting a stomach-friendly diet, avoiding alcohol and NSAIDs, managing stress, staying hydrated, and monitoring symptoms. Regular medical check-ups and lifestyle adjustments help prevent complications and promote healing.

Practical Strategies

- **Follow prescribed medications** consistently to reduce acid and heal mucosa.
- Eat small, **frequent meals** to prevent stomach overload.
- Avoid **spicy, fatty, and acidic foods** that irritate the stomach lining.
- Limit **alcohol and caffeine** to reduce mucosal damage.
- **Quit smoking** to promote gastric healing.
- **Manage stress** through meditation, yoga, or deep breathing exercises.
- **Stay hydrated** with water and non-caffeinated beverages.
- Track symptoms and triggers to identify personal irritants.
- Avoid lying down immediately after meals to prevent reflux.
- Regular medical follow-ups to monitor healing and prevent recurrence.
- Include bland, fiber-rich foods like rice, oatmeal, and bananas.



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FAQS About Erosive Gastropathy



Q1: What is erosive gastropathy?

A: It is inflammation and superficial erosion of the stomach lining, often caused by medications, alcohol, stress, or H. pylori infection.

Q2: What are the common symptoms?

A: Core symptoms include upper abdominal pain, bloating, nausea, loss of appetite, and, in severe cases, vomiting blood or black stools.

Q3: What causes erosive gastropathy?

A: Prolonged NSAID use, alcohol, stress-related mucosal damage, bile reflux, H. pylori infection, and certain medications are common triggers.

Q4: How is it diagnosed?

A: Diagnosis typically involves endoscopy, sometimes with biopsy, blood tests, stool tests, and evaluation of medical and medication history.

Q5: What treatments are available?

A: Treatments include acid-suppressing medications, antibiotics for H. pylori, lifestyle.



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Take **Action**

If you experience **Erosive Gastropathy**, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit GastroDoxs.com to schedule an appointment and access more resources on digestive health.

**Your health matters
take the next step
today!**

SCHEDULE AN APPOINTMENT

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