

A study to assess the risk factor of gastritis among adults at Thirupandhiyur

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Abstract

Gastritis is more common among adolescents, but it can affect any One at any age. A variety of mild to severe stomach symptoms may indicate gastritis. Gastrointestinal system is one of the system of our body which deals with diet -its intake, absorption, metabolism and elimination. Upper gastrointestinal inflammatory process is exceedingly common and has a wide spectrum of causes and manifestation. Gastric disorders are common; unless treated promptly and completely, they can continue to cause problems throughout the person's life. Clients need assistance to learn modified eating habits in order to achieve and maintain health and to make necessary life style changes. Gastritis caused by helicobacter pylori and the risk factors like smoking, alcohol consumption, tobacco use, Spicy food, Drugs, stress, swallowed foreign bodies and infections which leads to excessive inflammation, irritaiknod mucus membrane and exvessive gastric secretion that ruptured and inflame the stomach mucosa lining and affected person will get abdominal pain, indigestion, nausea, vomiting, diarrhoea, bad taste in the mouth, loss of appetite burning pain in the epigastricregion and other tract dysfunctions.

Keywords: common, Gastritis, epigastricregion, stomach

Introduction

Gastritis is more common among adolescents, but it can affect any One at any age. A variety of mild to severe stomach symptoms may indicate gastritis. Gastrointestinal system is one of the system of our body which deals with diet -its intake, absorption, metabolism and elimination. Upper gastrointestinal inflammatory process is exceedingly common and has a wide spectrum of causes and manifestation. Gastric disorders are common; unless treated promptly and completely, they can continue to cause problems throughout the person's life. Clients.

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The mucosal lining of the stomach is normally protects it from the action of gastric acid and the gastric acid may protects the stomach from bacterial infection. H. pylori is normal flora of the gastrointestinal system. Increased secretion of Hcl in the stomach occurs with consumption of tobacco, alcohol, spicyfood, and emotional disturbance disrupts the normal lining of stomach. Once the mucosal barrier of the stomach penetrated by inflammation and necrosis, infection with H. pylori occurs, with resultant injury of the mucosa. When the Hcl acid comes into contact with the irritated mucosal lining or the stomach, abdomen and epigastric discomfort or pain occurs which leads to gastritis.

Objectives

- To associate the risk factors of gastritis among adults.

Methodology

A quantitative research was chosen to assess the risk factors of gastritis among adults. The setting of the study is Thirupandhiyur village, Thiruvallur district by using simple random sampling technique. The data were collected from the 100 samples adults. The samples who meet the inclusion criteria were selected for the study. The data was analysed by using descriptive and inferential statistics.

Table 1: Frequency and percentage of risk factor of gastritis among adults

S. No	Risk factor of gastritis among adults	Frequency	Percentage
1	Family history of Gastritis	36	36
2	Psychological stress	23	23
3	Use of drugs	47	47
4	Infection with H.pyloric	20	20
5	Smoking	76	76
6	Drinking coffee regularly	52	52
7	Eating fast food	89	89
8	Alcohol	76	76
9	Chewing tobacco	66	66
10	Eating spicy food	87	87

Table 2-Shows that 36(36%) Of samples had family history of gastritis, 23(23%) of samples had psychological stress, 47(47%) of samples had habit of drug usage, 20(20%) of samples had H. pyloric infection, 76(76%) of samples had habit of smoking, 52(52%) of samples had of drinking coffee regularly, 89(89%) of samples had habit of Eating fast food, 76(76%)samples had habit of drinking alcohol, 66(66%) of samples had habit of chewing tobacco, 87(87%) of samples had habit of Eating spicy foods.

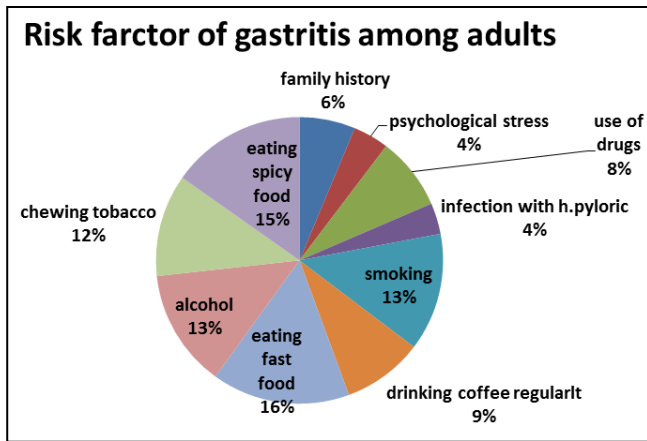


Fig 1

Discussion

This main focus of the study is to assess the risk factors of gastritis among adults in Thirupandhiyur village. 100 samples were selected by non-probability convenience sampling technique. The present study was under taken to assess the risk factors of gastritis among adults in Thirupandhiyur. During adulthood lots of physical and psychological changes takes place. Moreover, this brings stress and tension. While majority of youngsters overcome their problems, others attempts life style modification. the factors like peer group and excess freedom give a gate to achieve life style changes through alcoholism, smoking, tobacco, fast and spicy food which influence the occurrence of Gastritis. Various risk factors such as family history, Eating spicy foods, fast foods, smoking, alcohol etc. Increases the risk factor of Gastritis. This study was conducted with the aim of assessing the risk factors of Gastritis among adults in Thirupandhiyur village.

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Conflict of Interest

The author declare no conflict of interest

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