

## Pain in Lower Right Abdomen

Most of the cases, abdominal pain is caused due to indigestion or **constipation**. However, if other signs like fever, backache, etc., are observed along with it, you can not rule out the possibility of an extreme underlying condition. As a number of vital organs are located in the right abdominal area, there can be many possible reasons for persistent or acute lower abdominal discomfort.



### Causes and Treatment

Although disorders of the stomach like food poisoning, injury, infection, etc., top the list of reasons for stomach pain, it can also be caused due to reasons not related to the stomach at all.

### The First and Most Important Area to Look At is Drinking

A frequent situation people find themselves in is dehydration when in hotter countries. Be sure to drink a good amount of water as you can lose fluid very quickly in hot countries. In addition to the warm weather being a reason for dehydration, there is that little thing we enjoy called alcohol. Alcoholic drinks aggravate dehydration and give you a headache, so you must absolutely avoid drinking extreme amounts of alcohol. Now you know it is important to drink water, be sure the water you drink is bottled, as foreign countries have diverse purities of water which can result in an upset stomach. Then you should try to remember to avoid swallowing any water from swimming pools or lakes, as these are not really expected to be swallowed and are known to cause difficulties to health when ingested.

### Constipation

Person is diagnosed with constipation when he/she has defecation less than three times a week. Poor diet, inadequate intake of water and fluids, lack of physical activity, prolonged use of certain drugs, misuse of laxatives, etc., are some of the common contributing factors for irregularity. Besides infrequent defecation, irregularity is characterized by a feeling of incomplete evacuation of the bowel, difficult evacuation of the bowel due to hard stool, bloating, and pain. As the stool ends up being hard and dry, the affected individual has to strain during bowel movement. This can make him/her vulnerable to the advancement of anal fissures, hemorrhoids, or rectal prolapse. Rectal prolapse is said to take place when a part of the lining of the intestinal tract protrudes from the anal opening. Rectal prolapse could lead to the secretion of mucus.

*Treatment: Surgical removal of the inflamed appendix is one of the most recommended and effective methods used to treat appendicitis.*

### Cancer

Although rare, abdominal pain can be one of the signs of colon cancer, bowel cancer, stomach cancer (also known as stomach cancer), ovarian cancer, etc. Cancer is caused due to an uncontrolled growth of cells (tumor) inside a specific organ.

Symptoms: Signs of gastric cancer are similar to the symptoms of other stomach disorders. Discomfort in abdomen, nausea, indigestion, fatigue, throwing up, weight loss, heartburn, stomach fullness, weakness, etc., are a few of the early symptoms.

- Treatment: A combination of surgery, radiation and chemotherapy are the typical treatment techniques for cancer.
- Surgical removal of tumor or contaminated part, radiation therapy, etc., can help in dealing with cancer to a great extent, if diagnosed early.

### Crohn's Disease

Crohn's illness is caused due to the body's autoimmune response which affects the digestive tract, leading to inflammation. Based on the location of inflammation in the gastrointestinal tract, the complications of Crohn's disease may vary. Some of the noticeable symptoms include weakness, stomach irritation, diarrhea, vomiting, weight loss, and at times, skin issues.

Symptoms: Passing stools for less than 3 times in a week, passing very hard stools, abdominal cramps, straining when passing stools, rectal pain, weight loss (in chronic cases), etc

- Treatment: In most of the cases, making changes in your diet and lifestyle can help in dealing with irregularity.
- The doctor will also recommend medication or laxatives to treat chronic constipation.
- In severe cases, a surgical treatment will be advised if the person experiences intestinal obstruction.

### Diverticulitis

Sometimes, sacs or pouches, called diverticula, bulge out from the wall of the colon. The swelling or inflammation of these diverticula is called diverticulitis. The exact cause of diverticulitis is unknown.

### Associated Diseases & Disorders

Burning stomach pain can be mild or serious, depending on the health problem of which it is a symptom. There are various conditions like GERD, stomach flu, UTI, lactose intolerance, etc., in which you can experience burning pain in stomach. Listed below are the various diseases which can be attributed to this sign. The other signs of the illness are also noted, so that you can identify the source.

Symptoms: Moderate to severe discomfort in the abdomen (on one side), vaginal bleeding, sweating, diarrhea, etc

- Treatment: If detected in early stages, medications are prescribed to terminate the pregnancy and treat the symptoms.
- In later stages, surgical approaches may be needed to deal with the problems.
- This is a common condition of the digestive system, more specifically, the colon.
- When dealing with this condition, the person experiences alternating bouts of constipation and **diarrhea**.
- The reason for irritable bowel syndrome (IBS) is unknown.
- Stress, digestion related disorders, hormonal imbalance, etc., are believed to be the possible causes.

Signs: Diarrhea, irregularity, bloating, flatulence, abdominal cramps, headache, fatigue, pain, loss of appetite, etc

- Treatment: Making changes in the diet and lifestyle can control **IBS** to a great extent.
- Medicines, laxatives, antidiarrheals, antispasmodics, etc., are helpful in relieving the symptoms.
- If IBS is caused due to stress and mental disorders, the patient ought to go for appropriate therapy and treatment methods.

The final things to think about are toilet stops throughout your journey. Whether you choose to take a trip via coach, aircraft or car there are a variety of ways to attempt preparing your toilet stops. If travelling by coach one important thing to think about is that the coach has an on-board toilet, that way you know you have access to the toilet at any time through the trip. If your choice is by car, then plan your journey and know where the toilets are on your travels. Wherever you go there will tourist board information centres which can direct you to the nearby toilets.

Last but not least, if air travel is your choice then be sure to reserve a seat beforehand which is an aisle seat, this means you won't have to clamber over people to reach the toilets. You should also consider pre booking your dietary requirements such as gluten free, low fat etc. Lots of people endure anxiousness when flying and for IBS affected individuals this can trigger symptoms of their condition, so be sure to relax and use comfortable clothes. Some people find taking a moderate sedative can help when flying.

Symptoms: Sharp lower abdominal pain, lower back pain, queasiness, throwing up, trouble while urination, fever, brown colored urine, etc

- Treatment: Home treatment and medication can assist in passing smaller kidney stones.
- You will need a surgery to break and eliminate large kidney stones.

### Pelvic Inflammatory Disease

The Pelvic Inflammatory Disease (PID), as the name suggests, is a disease characterized by swelling of the female reproductive system. It is one of the severe consequences of STD. Having a history of Sexually transmitted diseases, having unprotected sex with multiple partners, etc., increase the risk of infection. PID can lead to infertility in women.

Signs: Lower abdominal and lower back pain, difficulty during urination, irregular menstrual cycle, vaginal spotting, diarrhea, vomiting, pain during sex, etc

- Treatment: Antibiotics can treat the initial and milder signs of PID.
- In severe cases, if the inflammation has caused an abscess, a surgery may be required.

### Testicular Torsion

This condition happens when the spermatic cable (in males) gets twisted, resulting in sudden and severe pain. Due to the twisting of the cord, blood flow is impacted. In severe cases, it can even lead to total damage to the testis.

*Symptoms: Nausea, vomiting, pain in the testicles and scrotum, lower abdominal pain, swelling, etc*

- Treatment: Surgery is required to treat testicular torsion.
- If found at an early stage, testicles can be saved.
- If not, they may have to be gotten rid of.

### Urinary System Infection

Urinary tract infection (UTI) is a collective name used to explain infection in either parts of the urinary system: the kidneys, the ureters, the bladder, or the urethra. Bacterial infection in the urinary system gives rise to this disease.

Symptoms: Difficulty and pain during urination, blood in urine, fever, queasiness, pelvic pain, tender stomach, throwing up, etc., are the symptoms of urinary tract infection.

- Treatment: Antibiotics are used to treat UTI.
- Consuming adequate amounts of water, practicing good health, and safe sex helps in treatment and prevention of UTI.

### Viral Gastroenteritis

Gastroenteritis, or stomach flu, is caused due to viral infection in the stomach and intestines. It is caused due to consumption of contaminated food or water. It frequently affects children. Symptoms of this condition are similar to food poisoning.

### Foods that Worsen IBS

Gaseous Foods.

Bloating and abdominal cramping is one of the most common symptoms of IBS. Gassy foods (Brussel sprouts, asparagus, cauliflower, broccoli, beans, artichokes) promote buildup of intestinal tract gas, which can make bloating more severe. IBS patients can get into trouble when they have meals that contain gaseous foods.

General, we understand how hard travelling can be when you are dealing with IBS, so be sure to abide by the tips above about IBS support when taking a trip to make sure you holiday isn't spoiled by your IBS symptoms.

### Following Food and Beverage is of Course Medications

It is important to take along appropriate medications on your travels to ensure your journey is not ruined by sickness. One crucial medication to take with you is rehydration sachets including Dioralyte, Electrolite or Rehidrat. These are particularly useful for times when you have the runs and feel dehydrated. Another important medication is your own materials of anti-spasmodics like Buscopan, Colofac or Mebeverine together with anti-diarrhoeal medications. A key piece of advice when carrying these medications is to have them in your hand luggage and in their initial plans, this way you won't have any problems with customs.

Abdominal pain, of any kind, should not be ignored as it is one of the potential symptoms of any of the aforementioned major disorders. It is wise to consult the doctor and try to find proper treatment methods. Take care!

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