

HEALTHY IS KNOWING GASTROINTESTINAL SYSTEM FACTS

DIGESTIVE SYSTEM

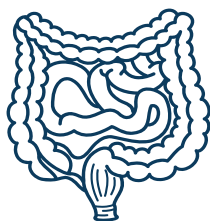
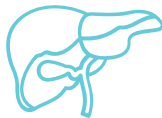
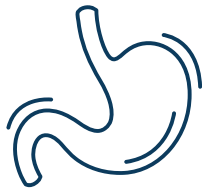


The Gastrointestinal system is responsible for the digestion and movement of food, absorption of nutrients and removal of waste from the body.

[healthline.com/find-care/articles/gastroenterologists/what-is-a-gastroenterologist#conditions](https://www.healthline.com/find-care/articles/gastroenterologists/what-is-a-gastroenterologist#conditions)

The digestive system is very complex and includes:

- pharynx
- esophagus
- stomach
- small intestine
- large intestine
- liver
- gallbladder
- pancreas
- salivary glands
- tongue
- epiglottis
- rectum
- anus



COMMON SYMPTOMS OF DIGESTIVE ISSUES

- Acid reflux
- Bloating
- Constipation
- Diarrhea
- Gas or Belching
- Heartburn
- Indigestion
- Nausea or vomiting
- Stomach cramping



DID YOU KNOW?

60 -70 million Americans suffer from gastrointestinal problems resulting in nearly 250,000 deaths each year.

[imaware.health/blog/most-common-gastrointestinal-conditions](https://www.imaware.health/blog/most-common-gastrointestinal-conditions)



YOUR PRIMARY CARE DOCTOR MAY REFER YOU TO A SPECIALIST IF YOU:

- have unexplained blood in your stool
- have unexplained difficulty swallowing
- are experiencing abdominal pain



Reduce your risk of Colon Cancer

If you're over the age of 45, consider meeting with a gastroenterologist for routine preventive care screenings.



Learn more about ECHN gastroenterology services

Schedule an appointment with an ECHN Gastroenterologist to take care of your digestive system:

Manchester

353 Main Street
860.649.3477

Tolland

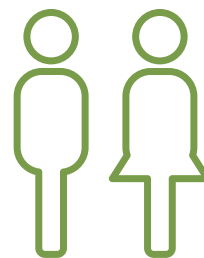
6 Fieldstone Commons, Suite D
860.871.6710

REASONS FOR AN UPSET GI TRACT

- Eating a diet low in fiber
- Eating a large amount of dairy products
- Food intolerances
- Not drinking enough water
- Not enough exercise
- Traveling or other changes in routine
- Food intolerances
- Stress
- Aging
- Resisting the urge to have a bowel movement
- Taking antacid medicines containing calcium or aluminum
- Taking certain medicines (especially antidepressants, iron pills, and strong pain medicines such as narcotics)
- Pregnancy



my.clevelandclinic.org/health/articles/7040-gastrointestinal-disorders



FACT: Men and women over the age of 50 have an increased risk for colon cancer.

cancer.net/cancer-types/colorectal-cancer/risk-factors-and-prevention#:~:text=Age,and%20for%20women%20is%2072