HEALTHY IS KNOWING
GASTROINTESTINAL SYSTEM FACTS

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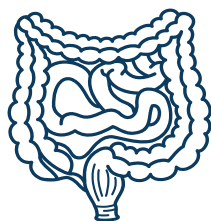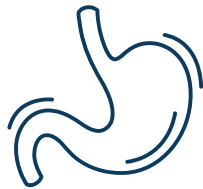Eastern Connecticut Health Network

DIGESTIVE SYSTEM

The Gastrointerstinal 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

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

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, talk to your primary care physician about your risk factors, symptoms, preventive care screenings and diagnostic screenings.

To learn more, scan the QR code or visit:
echn.org/echn-medical-group
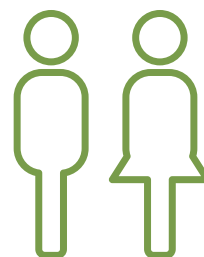
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REASONS FOR AN UPSET GI TRACT

- 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