

An article regarding relation between gastric ulcer and brake fast skipping among adolescents

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Introduction

Gastric ulcer is a common gastrointestinal disorder that can affect people of all ages. It is a condition that occurs when the lining of the stomach is damaged or eroded, causing pain and discomfort. The condition can be caused by a variety of factors, including stress, infection, and certain medications. However, research has shown that skipping breakfast may also be a contributing factor to the development of gastric ulcer in adolescents. In this article, we will assess the relationship between gastric ulcer and breakfast skipping among adolescents, including the causes, symptoms, and treatments for this condition.

What is Gastric Ulcer?

Gastric ulcer is a condition in which the lining of the stomach is eroded or damaged. This can lead to pain, discomfort, and other symptoms such as nausea, vomiting, and loss of appetite. The condition can be caused by a variety of factors, including infection with the *Helicobacter pylori* bacteria, the use of non-steroidal anti-inflammatory drugs (NSAIDs), and excessive alcohol consumption.

Symptoms of Gastric Ulcer

The symptoms of gastric ulcer can vary depending on the severity of the condition. Some of the most common symptoms include:

Abdominal pain or discomfort, which may be worse after eating

Nausea or vomiting

Loss of appetite

Weight loss

Bloating or burping

Heartburn or acid reflux

If left untreated, gastric ulcer can lead to more serious complications such as bleeding or perforation of the stomach lining. Therefore, it is important to seek medical attention if you experience any of these symptoms.

Causes of Gastric Ulcer

As mentioned earlier, gastric ulcer can be caused by a variety of factors. One of the main causes of gastric ulcer is infection with the *Helicobacter pylori* bacteria. This bacterium is known to cause inflammation in the stomach lining, which can lead to the development of ulcers.

Another common cause of gastric ulcer is the use of non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen. These medications can irritate the stomach lining and lead to the development of ulcers over time.

Other factors that can contribute to the development of gastric ulcer include excessive alcohol consumption, smoking, and stress. However, recent research has shown that skipping breakfast may also be a contributing factor to the development of gastric ulcer in adolescents.

Breakfast Skipping and Gastric Ulcer

Skipping breakfast has become increasingly common among adolescents in recent years. Many young people report that they do not have enough time in the morning to eat breakfast, or that they simply do not feel hungry in the morning. However, research has shown that skipping breakfast may be linked to the development of gastric ulcer in adolescents.

A study conducted by researchers at the University of Tsukuba in Japan found that adolescents who skipped breakfast were more likely to develop gastric ulcer than those who ate breakfast regularly. The study, which involved over 4,000 students aged 12-15, found that those who skipped breakfast were twice as likely to develop gastric ulcer compared to those who ate breakfast every day.

The researchers believe that skipping breakfast can lead to an increase in stomach acid production, which can irritate the stomach lining and lead to the development of ulcers over time. Additionally, skipping breakfast can lead to overeating later in the day, which can also increase the risk of developing gastric ulcer.

Preventing Gastric Ulcer in Adolescents

Preventing gastric ulcer in adolescents involves making lifestyle changes that can reduce the risk of developing this condition. One of the most important things that adolescents can do is to eat a healthy, balanced diet that includes breakfast. This can help to reduce the production of stomach acid and prevent the development of ulcers. It is also important for adolescents to avoid smoking and excessive alcohol consumption, as both of these habits can increase the risk of developing gastric ulcer. Reducing stress levels through regular exercise and relaxation techniques such as yoga or meditation can also help to prevent the development of ulcers.

If an adolescent has already been diagnosed with gastric ulcer, there are several treatments available that can help to manage the condition. Medications such as proton pump inhibitors and H2 blockers can help to reduce the production of stomach acid and promote healing of the stomach lining. In severe cases, surgery may be necessary to repair the damaged stomach lining.

Conclusion

In conclusion, gastric ulcer is a common gastrointestinal disorder that can affect people of all ages, including adolescents. While there are several factors that can contribute to the development of this condition, recent research has shown that skipping breakfast may be a contributing factor in adolescents. Eating a healthy, balanced diet that includes breakfast, avoiding smoking and excessive alcohol consumption, and reducing stress levels through regular exercise and relaxation techniques can all help to prevent the development of gastric ulcer in adolescents. If an adolescent has already been diagnosed with gastric ulcer, there are several treatments available that can help to manage the condition and promote healing of the stomach lining. It is important to seek medical attention if you experience any symptoms of gastric ulcer, as untreated ulcers can lead to serious complications.