

Press Release

For Immediate Publication

Fortis Hospital Mohali organizes CME on 'Management of Dyspepsia and Gastritis'

Mohali, February 12, 2016: To observe the 'National Dyspepsia Day', an internal CME on 'Management of Dyspepsia and Gastritis' was organized at Fortis Hospital Mohali, here today.

Experts shared their experience and listed its Symptoms, Treatment and preventive measures.

Dr Mohinish Chhabra, MD DM Gastroenterology and Senior Consultant, Fortis, briefed the gathering about Symptoms of Dyspepsia. Dr Chhabra also informed that eating too much, too fast, or when one is under stress, apart from high-fat foods can also add to the problem.

Dr. Arvind Sahni, MD DM Gastroenterology, and Dr Deepak Bhasin, MD DM Gastroenterology, - both Directors of Gastroenterology at Fortis - also shared their views and remedial measures on the topic.

Dr Chhabra said that Dyspepsia, which is roughly called 'indigestion', refers to the medical condition wherein adverse symptoms and discomfort are experienced by patients around the upper gastrointestinal tract. The upper gastrointestinal tract is composed of the esophagus, and then the stomach, and finally the duodenum.

Symptoms of Dyspepsia are belly pain or discomfort, bloating, feeling uncomfortably full after eating, nausea, loss of appetite, heartburn and burping up food or liquid (regurgitation). Most people experience some symptoms of dyspepsia within their lifetimes.

"Men and women of all ages can get indigestion. It's a common condition. But certain things make some people more prone to it," the doctor added.

Dyspepsia, if left untreated, can lead to ulcers, GERD and in rare cases, stomach cancer. "It often lands people with diabetes, stomach infections, irritable bowel syndrome, Pancreatitis and an inflamed pancreas."

"Eating too much, too fast, or when you are under stress. High-fat foods can also add to the problem. Drinking too much alcohol, smoking, stress and fatigue, can cause the disease," said Dr. Arvind Sahni,

Dr Deepak Bhasin advised the gathering on the treatment and advised that indigestion often goes away on its own after a few hours. But let your doctor know if your symptoms get worse.

"Any treatment you get will depend on what's causing your indigestion," he said.



About Fortis Hospital Mohali

Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

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