



Gastroenteritis: Causes, Symptoms and Prevention

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Gastroenteritis is the inflammation of the gastrointestinal tract i.e stomach and intestines. Diarrhea, vomiting and abdominal pain are the common symptoms caused due to Gastroenteritis. Fever, dehydration and dehydration may also occur. Gastroenteritis is usually caused by bacteria, but parasites and fungi can also cause gastroenteritis. Eating poorly prepared foods, drinking contaminated water or having close contact with an infected person can spread the disease. Treatment is usually the same with or without a direct diagnosis, so testing to confirm is usually not necessary. Prevention includes washing hands with soap and water, drinking clean water, breastfeeding babies instead of using bottle milk and proper disposal of faeces. The rotavirus vaccine is generally considered as a preventive measure for children. In mild or moderate cases, this can usually be achieved by drinking a dehydration solution. The intravenous fluids can also be given through the nasogastric tube. Zinc supplementation is highly required for children. Antibiotics are recommended for young children with the flu and bloody diarrhea. Other bacterial infections include fever, fatigue, headaches, and muscle aches. Some bacterial infections cause severe abdominal pain and may last for several weeks. Non-infectious causes are seen from time to time, but they are less likely to be caused by a virus or a bacterium. The risk of infection is higher in children due to a lack of antibodies. Children are also at greater risk because they are less likely to develop good hygiene habits. Children living in areas without water and soap are especially at risk. Norovirus is the leading cause of gastroenteritis among adults in America which accounts for about 90% of viral gastroenteritis outbreaks. These local epidemics often occur when groups of people spend time close to one another, such as on cruise ships, hospitals, or restaurants. If food is contaminated and stays at room

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temperature for several hours, germs multiply and increase the risk of infection in those who eat it. Other foods commonly associated with illness include raw or undercooked meat, poultry, seafood, and eggs; green shoots; non-pasteurized milk and soft cheese; and fruit and vegetable juices. Infection can be caused by drinking contaminated water or by sharing personal belongings. The water level is usually very bad during the rainy season and outbreaks are very common during this time. Rates of infection are also associated with poor hygiene, in overcrowded households, and in those with poor nutrition. Older people who already have the immune system can still carry organisms without showing any symptoms. Other food-related conditions associated with nausea, vomiting, and diarrhea include: ciguatera poisoning due to drinking contaminated fish, scombroid associated with the consumption of certain fish species, tetrodotoxin poisoning from eating puffer fish among others, and -botulism. Gastroenteritis is defined as vomiting or diarrhea due to inflammation of the small or large intestine, usually due to infection. Changes in the small intestine are usually non-inflammatory, while those in the large intestine are inflamed. The provision of easily accessible wastewater and good sanitation practices are important in reducing the rates of infection and clinically significant gastroenteritis. Antibiotics are rarely used for gastroenteritis, although they are sometimes recommended if the symptoms are severe.

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Conflict of Interest

The authors declare no conflicts.