

GASTRO AWARENESS

Lifestyle advice for better Living



Relieve from constipation

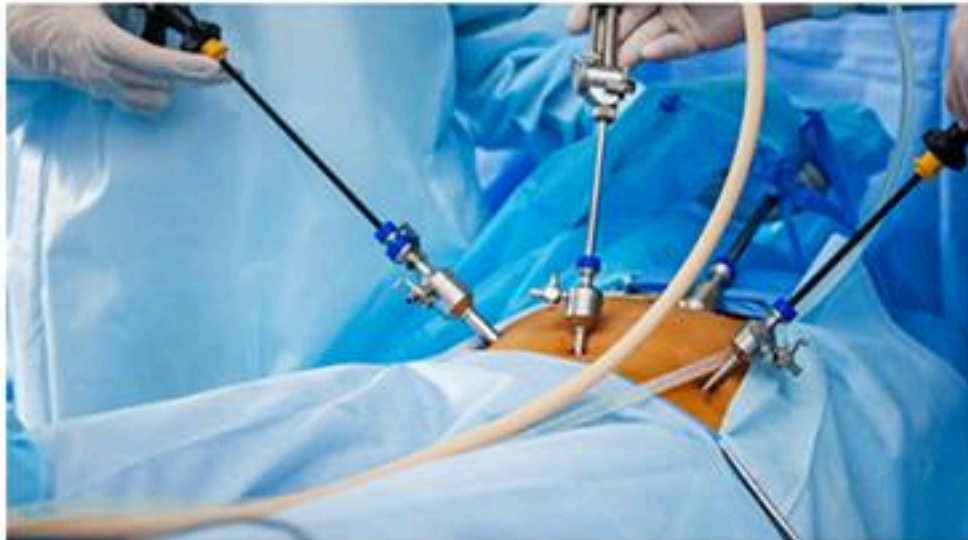
At some point, around 14% of people experience chronic constipation. Symptoms are stools less than three times per week, hard or lumpy stools, and straining stools, feeling blocked or unable to pass a stool. For them, the best food additions are prunes, apples, pears, kiwifruit, figs, citrus fruits, spinach and other greens, and sweet potato.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



After Laparoscopy

It is very important to drink fluids as what you have done before your laparoscopy. On the very first day, have light foods such as apple juice, ice pops, ginger ale, crackers, soup, and toast so that you can prevent stomach upset. And avoid the citrus juice such as tomato juice and orange juice.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



Food Poisoning

If you do not wash your hand before handling a food or when you eat your food then you can be an infected person because you have been in contact with those contaminated objects or surfaces. And in some cases food poisoning also takes place when you have not stored your food or cooked your food at the correct temperature.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



Gallbladder Diet

If you are a victim of gallbladder stone then take fresh fruits and vegetables; lean meat, fish and poultry; whole grains such as whole – wheat bread, oats, brown rice, bran cereal. Try to avoid fried foods; fatty red meat; highly possess' foods like pie, doughnuts, cookies; and whole milk dairy products such as cheese, butter, ice cream and many more.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



Dehydration

The common problem related to gastroenteritis is dehydration during summer season. So, to replace fluid loss from vomiting and diarrhoea, drink plenty of water and fruit juice. It will not only protect you from dehydration but will also make your lifestyle better. Water and fruit juice also keeps you and your skin healthy.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



A healthy diet during pregnancy

Maintaining a healthy diet during pregnancy is very important for a pregnant woman as well as for the baby. At this time your body needs additional nutrients, vitamins, and minerals. Avoid poor eating habits because excess weight gain may increase the risk of gestational diabetes and pregnancy or birth complications.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON



GASTRO AWARENESS

Lifestyle advice for better Living



Preventing Stomach Ache

To prevent the stomach cramps use heating pad or hot water bottle because heat is a simple as well as effective home remedy for stomach pain. But be careful not to over heat, as it may cause burn. It might take 10-15 minutes to start feeling soothing effects of the heat.

DR. PURNENDU BHOWMIK
GI & LAPAROSCOPIC SURGEON

