

If abdominal pain makes you double over on a regular basis, it's important to find out the root cause of your issues. At Pioneer GI Clinic in Anchorage, Alaska, the renowned gastroenterology specialists offer the testing and treatment you need to live free from abdominal pain. To schedule an appointment, call the office in Anchorage, Alaska.

What causes abdominal pain?

Abdominal pain may have many sources, but it's most often related to a gastrointestinal disorder or disease such as:

- Irritable bowel syndrome (IBS)
- Diverticulitis
- Crohn's disease
- Ulcerative colitis
- Gastritis (stomach lining inflammation)
- Gastric ulcers
- Gastroesophageal reflux disease (GERD)
- Pancreatitis
- Hepatitis
- Cholecystitis (gallbladder inflammation)
- Choledocholithiasis (gallstones moving through the bile duct)
- Intestinal obstructions
- Colon cancer

In addition to gastrointestinal causes, abdominal pain can happen with urinary tract problems such as kidney stones, vascular issues like blocked arteries, or with female reproductive system problems like uterine fibroids.

What does abdominal pain diagnosis involve?

Pioneer GI Clinic starts with a comprehensive medical history and a gentle physical exam. This usually includes abdominal palpation as well as a visual exam to check for swelling or other obvious abnormalities.

Your description of the pain offers vital clues in diagnosing the cause of your abdominal pain. If possible, keep track of your specific symptoms in detail ahead of your appointment. It's helpful to know whether your pain is deep or more surface level and whether it's dull, sharp, burning, or twisting. You may need to rank your pain on a scale of 1-10 as well.

The pattern of pain, including when it happens, how long it lasts, and whether it spreads to other areas, is also helpful information during diagnosis. If you have any symptoms, such as jaundice, diarrhea, constipation, or pale stools, that aren't obvious during your physical exam, be sure to share that information with your medical providers.

Based on your symptoms, history, and physical exam, you may need diagnostic tests like blood tests, stool tests, urine tests, abdominal X-rays, computed tomography (CT) scans, or endoscopy to find the reason for your abdominal pain.

How is abdominal pain treated?

Abdominal pain treatment varies with the disorder or disease that caused it. You may need medication to fight inflammation, reduce stomach acid production, or ease pain. With some types of abdominal pain, lifestyle changes like a healthier diet can help.

For more serious causes of abdominal pain, such as intestinal blockages or chronic gallbladder inflammation, a surgical procedure to correct the problem at its source might be the best approach.

Pioneer GI Clinic offers expert attentive care for abdominal pain, so if you're struggling with this issue, don't wait to get help.