



Dr KC Wong

Abdominal Bloating

A Gastrointestinal Gassy Affair



FUNFACT
Holding in your flatus can cause unnecessary cramps and tension. We pass flatus 8-20 times daily varying with dietary intake.

Belching and bloating is not just your body's way of saying "that's enough for now", it's also a way of indicating other things as well.

Bad eating habits or overeating can create unhealthy gastrointestinal gas production. Accumulation of these gases inside our stomach and intestines makes us feel bloated.

Gastrointestinal gas production is affected by:

- **Swallowing excessive air** from rapid eating, drinking carbonated beverages, alcohol or smoking.
- **Dietary choices;** food such as cauliflower, broccoli, beans, onions and milk products.
- **Food intolerance** – fermentation of indigestible foodstuff (i.e. lactose, fructose or sorbitol) by colonic bacteria causes bloating.
- **Constipation.**
- **Medical conditions** such as irritable bowel syndrome (IBS), Crohn's disease, and colon cancer.

Visit a doctor immediately if you've suffered any of these symptoms:

- Prolonged abdominal pain (sharp jabbing or cramps).
- Gastrointestinal bleeding like passing black tarry stool or painless rectal bleeding.
- Changes in bowel habits.
- Involuntary weight loss.
- Persistent or recurrent nausea or vomiting.



Tips to reduce abdominal bloating:

- Chew and eat slowly.
- Take a walk after a meal and avoid foods that your stomach reacts undesirably to.
- Avoid chewing gum or using a straw when drinking.
- Don't talk and chew at the same time.
- Avoid carbonated drinks and beer.
- Eat smaller meals at more frequent intervals.
- Take probiotics such as yoghurt, cultured milk or live cultures daily.

One should exercise regularly, adopt good eating habits and ensure good nutritional intake for a healthy digestive tract and lifestyle. Consult your doctor for further advice and clarification.

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