# GASTROPARESIS

# AWARENESS MONTH

"Advocating for Gastroparesis"



#### WHAT IS GASTROPARESIS?

Gastroparesis, also called delayed gastric emptying, is a chronic digestive condition characterized by symptoms which can vary from life-limiting to life-threatening and often persist or reoccur over time.

### **SIGNS AND SYMPTOMS INCLUDE**



Nausea and/or vomiting



Stomach pain and discomfort



**Drv** heaves



Stomach fullness after a normal-sized meal



Early fullness and the inability to finish a meal

## **COMMON CAUSES**

- Diabetes (Most common)
- 🧚 🐼 Idiopathic (Unknown cause)
- Post-surgical complications

- Viral infections
- Neurological conditions
- Medication-induced
- Connective tissue disorders

## **TREATMENT OPTIONS**

Currently no cure exists, but symptoms can be managed through:

# **Dietary Changes**



- Small, frequent meals
- Avoid tough, fibrous foods
- Lower fat content
- 🤪 Liquid/smooth textures
- Nutritional supplements

## **Medications**



- Anti-nausea drugs
- 🤪 Prokinetic agents
- Domperidone

# **Advanced Options**



- Gastric stimulation
- Botox injections
- Feeding tubes

Together we can raise awareness, support patients, and drive meaningful change





