

TIPS TO AVOID UPCOMING GASTROINTESTINAL AND LIVER PROBLEMS IN CHILDREN AND ADULTS

- Always try to keep less than two hours gap between two meals(meal can be as small as a biscuit or a rusk)
- Take green tea in the morning which is the best time for antioxidant action.
- Always drink two glasses of warm water in morning after you get up.
- A good and nutritious breakfast should be provided to keep the energy level high in morning hours (Avoid stuffed Paranthas in case of problem).
- Always try to eat salad first (atleast ten minutes before lunch or dinner), not after meals.
- A bowl of fresh curd/yoghurt with each meal (even at night) is good.
- Avoid milk /tea/coffee late at night especially just before sleeping.
- Dinner should be done at least two hours before sleeping.
- Try to have a light dinner. Kids can have a good snacks in evening to avoid heavy dinner.
- Avoid citrus fruits if you have acidity on regular basis.
- Foods with high fat content should be avoided to prevent fatty liver.

If you or your children have following symptoms, please don't ignore it as they may be early symptoms of liver damage, like

- Feeling bloating or heaviness in abdomen.
- Not gaining or overgaining weight.
- Passing stools three to four times in a day.
- Feeling or urge to pass stools after meals.
- Mild pain in abdomen especially after eating.
- Constipation
- Feeling tired/ fatigue even early in the day.

YOU MAY CONTACT IN CASE OF NEED :

Dr. Gaurav Maheshwari (BCM Arya Alumnus)

Senior Consultant Surgical Gastroenterologist/Liver Transplant Surgeon

Paras Hospital, Panchkula (Chandigarh)

Lifeline hospital, Gill Road, Ludhiana

Whats app number: 9915357624

Email: lifelineldh@rediffmail.com, drgauravmaheshwari@gmail.com

For appointments: 9988639620, 9988834419, 9592202905, 0161 4646792