

Digestive disorders in children: Signs and treatment.

Lorenzo Franco*

Department of Gastroenterologist, University of Seville, Seville, Spain

Abstract

Digestive disorders can be a common issue among children. The digestive system is responsible for breaking down and absorbing nutrients from the food we eat, and any problems with this system can result in discomfort, pain, and other health issues. In this article, we will discuss some common signs of digestive disorders in children and the treatment options available.

Keywords: Digestive disorders, Absorbing nutrients, Abdominal pain, Diarrhea.

Signs of Digestive Disorders in Children

The signs of digestive disorders in children can vary widely depending on the specific disorder [1,2]. Some common symptoms include:

Abdominal pain: This is one of the most common symptoms of digestive disorders in children. The pain can range from mild to severe and can occur in different parts of the abdomen.

Diarrhea: Diarrhea is a common symptom of digestive disorders in children. It can be caused by a variety of factors, including infections, food intolerances, and inflammatory bowel disease.

Constipation: Constipation is another common symptom of digestive disorders in children. It can be caused by a variety of factors, including a lack of fiber in the diet, dehydration, and certain medications.

Vomiting: Vomiting can be a symptom of digestive disorders in children. It can be caused by a variety of factors, including infections, food intolerances, and gastroesophageal reflux disease.

Bloating: Bloating is a common symptom of digestive disorders in children. It can be caused by a variety of factors, including constipation, food intolerances, and lactose intolerance.

Weight loss or failure to gain weight: Weight loss or failure to gain weight can be a symptom of digestive disorders in children. It can be caused by a variety of factors, including malabsorption, inflammatory bowel disease, and food intolerances.

Treatment Options for Digestive Disorders in Children

The treatment options for digestive disorders in children can vary widely depending on the specific disorder [3]. Some common treatment options include:

Medications: There are a variety of medications that can be used to treat digestive disorders in children. For example, proton pump inhibitors can be used to treat gastroesophageal reflux disease, and antibiotics can be used to treat infections.

Diet and lifestyle changes: Diet and lifestyle changes can be effective for treating digestive disorders in children. For example, increasing fiber intake can help treat constipation, and avoiding certain foods can help treat food intolerances.

Probiotics: Probiotics are beneficial bacteria that can help improve digestive health. They can be found in foods like yogurt and can also be taken as supplements.

Surgery: In some cases, surgery may be necessary to treat digestive disorders in children. For example, surgery may be necessary to remove a blockage in the intestines or to repair a hernia.

Preventing Digestive Disorders in Children

While not all digestive disorders can be prevented, there are steps that parents can take to reduce the risk of their children developing these disorders [4,5]. Some tips for preventing digestive disorders in children include:

Encouraging healthy eating habits: Eating a healthy and balanced diet can help reduce the risk of digestive disorders in children. Parents should encourage their children to eat a variety of fruits, vegetables, whole grains, and lean proteins.

Staying hydrated: Drinking enough water can help prevent constipation and other digestive disorders. Parents should encourage their children to drink plenty of water throughout the day.

Avoiding food triggers: If a child has food intolerance, it is important to avoid the foods that trigger their symptoms. Encouraging physical activity: Regular physical activity can help improve digestion and reduce the risk of constipation.

*Correspondence to: Lorenzo Franco, Department of Gastroenterologist, University of Seville, Seville, Spain, E-mail: lorenzo@us.es

Received: 27-Feb-2023, Manuscript No. AAADD-23-91841; Editor assigned: 28-Feb-2023, PreQC No. AAADD-23-91841(PQ); Reviewed: 17-Mar-2023, QC No. AAADD-23-91841; Revised: 20-Mar-2023, Manuscript No. AAADD-23-91841(R); Published: 30-Mar-2023, DOI: 10.35841/AAADD-5.2.139

Conclusion

Digestive disorders in children can cause a range of symptoms such as abdominal pain, diarrhea, constipation, vomiting, bloating, weight loss, and failure to gain weight. Treatment options vary depending on the specific disorder and may include medications, diet and lifestyle changes, probiotics, and surgery. Parents can take steps to reduce the risk of their children developing digestive disorders by encouraging healthy eating habits, staying hydrated, avoiding food triggers, and promoting physical activity. If parents suspect their child may be experiencing digestive issues, it is important to seek medical attention for an accurate diagnosis and appropriate treatment. With proper management, most children with digestive disorders can lead healthy and active lives.

References

1. Harris G. Development of taste and food preferences in children. *Curr Opin Clin Nutr Metab Care*. 2008;11(3):315-9.
2. Bentovim A. The clinical approach to feeding disorders of childhood. *J Psychosom Res*. 1970;14(3):267-76.
3. Ammaniti M, Lucarelli L, Cimino S, et al. Feeding disorders of infancy: a longitudinal study to middle childhood. *Int J Eat Disord*. 2012;45(2):272-80.
4. Lefton-Greif MA, Carroll JL, Loughlin GM. Long-term follow-up of oropharyngeal dysphagia in children without apparent risk factors. *Pediatr Pulmonol*. 2006;41(11):1040-8.
5. Bryant-Waugh R, Markham L, Kreipe RE, et al. Feeding and eating disorders in childhood. *Int J Eat Disord*. 2010;43(2):98-111.