

# Abdominal Pain Overview

Link: <https://www.ch1er.com/symptom/abdominal-pain>

Everyday stomach pains are harmless and often caused by gas, overeating, or indigestion. On the flip side, frequent and recurring stomach pains may point to a more serious medical issue such as pancreatic disease. When this occurs, many aren't sure whether they should see a doctor, go to the emergency room, or wait. **Remember:** Sudden or intense pain requires immediate medical attention.

Our team here at Community Health 1st ER understands your pain. Because of this, we work day-and-night to help treat your abdominal pain before it gets worse. You can expect immediate and intimate care from **board-certified ER doctors** & registered nurses.

## Abdominal Pain Symptoms

- Diarrhea
- Constipation
- Gastroenteritis (stomach flu)
- Acid reflux
- Vomiting
- Food poisoning
- Stress

## Abdominal Pain Causes

If you experience **abdominal pain** in the following areas:

**Generalized pain:** This is when you feel abdominal pain in more than half of your stomach. This pain is normal for stomach flu, indigestion, or gas. But, a blockage of the intestines may be the culprit of the pain if it becomes severe.

**Localized pain:** This is pain found in one central area of your belly. Localized pain points to a problem in the organ, such as the appendix, gallbladder, or stomach.

**Cramp-like pain:** While common for women during their menstrual cycle, this type of pain is rarely ever dangerous. Gas, bloating, or Diarrhea likely causes it. If the pain lasts more than 24-hours or comes with a fever, you should seek medical help immediately.

**Colicky pain:** You can expect this type of pain to come in waves. One second you may feel no pain at all, while the next, you feel extreme pain. Gallstones and Kidney stones can also cause abdominal pain.

## When to Seek Help

It's perfectly normal for mild abdominal pain to go away without treatment. However, in some cases, abdominal pain is too severe for our bodies to handle without proper treatment.

Seek **immediate medical treatment** if you experience:

- Bloody stools
- Pain during pregnancy
- A fever over 101°F
- Vomiting up blood
- Pain within a week of an abdominal or gastrointestinal procedure
- Persistent nausea or vomiting
- Yellowing of the skin or eyes
- Difficulty breathing
- Swelling or severe tenderness of the abdomen

It's common for these symptoms to overlap. Knowing this, the #1 way to determine whether you need urgent medical care is to listen to your body and trust your gut. If your abdominal pain is severe, persistent, or on-going, **speak with your doctor right away.**