



GALLSTONES



Dr. Scot Lewey

Most of us have had indigestion, an uncomfortable feeling in the upper belly that happens while eating or right afterward. Usually, this is nothing to worry

about. But indigestion could be a sign of gallstones: pebblelike substances that form when digestive fluid in the gallbladder (a pear-shaped organ on the right side of the abdomen under the liver) hardens. Often, gallstones cause no symptoms and need no treatment.

“Pain in the right upper abdomen that occurs shortly after eating, especially fatty foods, in a woman with a family history of gallstones is suspect for gallbladder disease,” says Scot Lewey, DO, FACC, a gastroenterologist at Penrose-St. Francis Health Services. Pregnant women or women who have given birth also have a greater risk of gallstones, he added. If the pain is so bad that you can’t sit still or find a comfortable position, or it’s sudden and gets worse fast, see a doctor. Gallstones that cause this much pain won’t get better without treatment.

SYMPTOMS:

- Feeling full without eating much
- Feeling too full after eating, and for longer than usual
- Pain, which ranges from mild to severe, in the upper belly
- Bloating in the upper belly
- Nausea

OTHER POSSIBLE HEALTH PROBLEMS:

- Gastritis
- Ulcers
- Constipation
- Swelling of the pancreas (pancreatitis)
- Celiac disease
- Stomach cancer
- Intestinal blockage or reduced blood flow



GYNECOLOGIC CANCERS



Dr. Dirk Pikaart

After menopause (more than one year without a period), you shouldn’t have any menstrual bleeding at all. If you do, it could be a sign of endometrial (also called

uterine), cervical, ovarian, or vaginal cancer. Bleeding after menopause is more likely to be something minor than cancer. But only a doctor can tell the difference.

If you do have a gynecologic cancer, early diagnosis is crucial. “The longer cancer is in the body, the more likely it is to spread,” says Dirk Pikaart, DO, a gynecologic oncologist at Southern Colorado Gynecologic Oncology. “If it turns out to be cancer and it is caught early, it is often curable with surgery alone.”

SYMPTOM:

- Bleeding after menopause

OTHER POSSIBLE HEALTH PROBLEMS:

- Polyps, growths in the uterus that usually aren’t cancer
- Thinning of the lining of the uterus or vagina
- Thickening of the lining of the uterus
- Infection of the lining of the uterus (endometriosis)
- Side effect of medications such as hormone therapy, Tamoxifen, or blood thinners



HIP ARTHRITIS



Dr. Orderia Mitchell

Back pain is one of the most common reasons people go to the doctor, and its causes are complex. Sometimes pain in the back, groin, or legs could be stemming

from arthritis in the hip that can be missed when doctors are focused on trying to find a problem in the back.

Women are three times as likely as men to have hip arthritis. They often have pain in other parts of the body too, making it hard for doctors to single out the hip as the real culprit.

If you feel stiffness and pain that’s worse in the morning, it’s likely to be arthritis. If it’s bad enough to prevent you from getting around and doing what you want to do, see an orthopedic surgeon. Hip arthritis can be effectively treated through medicines and lifestyle changes or hip replacement.

SYMPTOMS:

- Pain in the back, groin, or legs
- Stiffness
- Limited ability to move, bend, or walk

OTHER POSSIBLE HEALTH PROBLEMS:

- Muscle or ligament strains
- Disc disease (e.g., bulging or ruptured discs)
- Osteoporosis



Do I have hip arthritis?

Do you experience pain in the back, groin, or legs? This could be stemming from arthritis in the hip. Knowing the symptoms of hip arthritis can help you get the appropriate treatment. Join orthopedic surgeon Dr. Orderia Mitchell at this **FREE** seminar to learn more about the symptoms and the latest treatment options. Tuesday, April 28, from 6-7:30 p.m., Penrose Hospital, 2222 North Nevada Avenue, Cancer Center Conference Rooms B and C. To register, go to penrocestfrancis.org/events.