

HEALTH

Appendicitis: Basic Facts About This Condition

Appendicitis has been known to be one of the major causes of medical repatriation for seafarers.

Appendicitis is the inflammation of the appendix. When your appendix becomes blocked, usually because of a build-up of parasites, mucus or small pieces of faeces, it becomes inflamed.

Symptoms and Signs

- Pain that starts at the bellybutton and moves to the lower right part of the abdomen is the primary warning sign
- Loss of appetite
- Nausea and vomiting
- Constipation or diarrhea
- Mild fever
- Rebound tenderness – happens when, after pushing the lower right part of the abdomen and then releasing the pressure, you experience pain. If you have rebound tenderness, do not press on the area again. Instead, consult your physician immediately.

It's said that there is no surefire way to avoid this ailment. However, some effective lifestyle changes and dietary tactics may help reduce your risk for it, such as:

- Maintaining a high-fibre diet
- Consuming a well-balanced diet with probiotics
- Getting enough exercise
- Taking supplements that can keep your body resistant against infections
- Be familiar with the symptoms of this disorder

Source: <https://articles.mercola.com/appendicitis.aspx> ■

