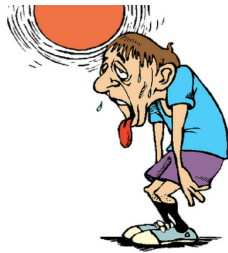


Symptoms of diarrhea

Dehydration



Malabsorption



Loss weight



Abdominal pain



What is diarrhea

Diarrhea is a symptom for several disease, presented as loose liquid like stool you consider to have diarrhea if you have loose stool 3 or more times a day.



Causes of diarrhea

* Infection by:

Bacteria



Virus



Parasite



* Drugs and foods

* Diseases such as:

malabsorption syndrome

Inflammatory bowel disease

Allergic diarrhea



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Diarrhea

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Treatment of diarrhea

Rehydration therapy: fluid with electrolytes and glucose given by mouth



Antidiarrheal agents: not given in case if bloody diarrhea



Antibiotic: if infection by bacteria is positive.



Self_care management of diarrhea

Drink good amount of water and juices to maintain the hydration.



Avoid high-fiber foods, fats, milk products, caffeine, and alcohol.



Drink some tea, and soft, easily digested foods such as soups, bananas, apple rice, toast.



Types of Diarrhea

Dysentery: Its watery and can be bloody caused by intestinal disorders such as infection



Steatorrhea: yellow greasy stool composed mainly of fat and caused by malabsorption syndrome

