

Health Highlights: Trust your gut when it comes to children's tummy aches (Audio)

INTRO

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

IT'S SUMMERTIME. NOW THAT KIDS ARE OFF SCHOOL FOR A FEW MONTHS – THERE'S SURE TO BE PLENTY OF CHANGES IN THEIR ROUTINES... INCLUDING THEIR EATING HABITS.

FAST FOOD – CANDY AND FAIR FOOD CAN ALL CONTRIBUTE TO TUMMY ACHES.

STOMACHACHES ARE QUITE COMMON IN YOUNG CHILDREN. IT CAN BE SOMETHING SIMPLE THAT COMES AND GOES QUICKLY – OR IT COULD BE SOMETHING MORE SEVERE.

ACCORDING TO A NATIONAL POLL - ONE IN SIX PARENTS SAY THEIR CHILD COMPLAINS OF A BELLY ACHE AT LEAST ONCE A MONTH.

SOT | Alissa Bartel (BAR-TELL), nurse practitioner, OSF HealthCare

“There are so many different reasons that a child could complain of a stomachache. It could be something easy, like constipation or something they ate, food allergies or indigestion. They could have come across a virus at school or on a play date or even in their own home.”

STOMACH PAIN – HOWEVER – COULD ALSO MEAN MORE SERIOUS PROBLEMS... SUCH AS APPEDICITIS... BOWEL OBSTRUCTIONS... URINARY TRACT INFECTIONS OR EVEN HERNIAS. BUT THE ISSUE MAY NOT BE PHYSICAL – BARTEL SAYS IT CAN ALSO BE RELATED TO STRESS OR ANXIETY. SHE SAYS TO TRUST YOUR OWN GUT – AND IF YOU THINK SOMETHING IS WRONG – TAKE YOUR CHILD TO BE EVALUATED IMMEDIATELY.

WITH TODAY'S HEALTH HIGHLIGHTS – I'M TIM DITMAN.)>>