

## **Soundbite Script – Get to Know Your Gallbladder**

**Amy Henderson, Family Practice Physician Assistant, OSF HealthCare**

“The gallbladder is an organ that is located underneath your liver in your right upper quadrant. It collects a fluid called bile. The bile is released when it receives signals and helps break down fat in your diet and your digestive track.”

**Amy Henderson, Family Practice Physician Assistant, OSF HealthCare**

“When they become problematic is if they’re larger or have difficulty leaving the gallbladder down in the digestive track and they can become stuck and obstruct the bile that dumps into the digestive system causing a backflow. That can be an emergent scenario.”

**Amy Henderson, Family Practice Physician Assistant, OSF HealthCare**

“Some great ways to avoid issues with your gallbladder in general is to eat healthy, low fat diet, not drinking a lot of alcohol, make sure you’re staying hydrated, pushing fluids, all those healthy lifestyle modifications can help you in that situation and with your general health.”

**Amy Henderson, Family Practice Physician Assistant, OSF HealthCare**

“If you’re having a problem, a question, a concern, come see your primary care provider, that’s what we’re here for. Ask those questions and we’ll take it from there.”