



Coping with Stomach Ulcers (Revised edition)

By Tom Smith

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Stomach Ulcers (Revised edition), Tom Smith, Stomach ulcers are common, affecting one in seven in the UK. The new edition of Coping with Stomach Ulcers looks at the latest thinking about the causes and treatment of ulcers, including the role of the *Helicobacter pylori* bacterium. It explains your treatment options, including antibiotics, and any further investigation that may be required. Lifestyle changes and stress management techniques are also covered. Topics include: Ulcers, indigestion and dyspepsia: how to tell them apart Normal digestion - and what goes wrong in ulcers Testing for an ulcer, including endoscopy, x-ray, breath tests and blood tests When it is not an ulcer Managing your health: food, fitness and stress Stopping smoking Treating ulcers with drugs Getting rid of *Helicobacter pylori* Surgery: a last resort The future.



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