# Abdominal Quadrants

<table>
<thead>
<tr>
<th>Right Upper</th>
<th>Right Lower</th>
<th>Left Upper</th>
<th>Left Lower</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver (<em>Higado</em>), Pancreas, Kidney (<em>Rinon</em>), and Lung (<em>Pulmon</em>)</td>
<td>Appendix, Ureter, Bladder, Colon, and Gonads</td>
<td>Heart (<em>Corazon</em>), Spleen, Kidney, Stomach (<em>Estomago</em>), and Lung</td>
<td>Ureter, Bladder, Colon, and Gonads</td>
</tr>
</tbody>
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## Gastritis:
- **Inflammation of the stomach mucosa which protects the stomach from being digested by its own acids.**
- **Causes:** Greasy foods, coffee, alcohol, Meds (Aspirin), heavy smoking, spicy foods, and bacterial infection (Helicobacter Pylori)
- **Symptoms:** Gnawing or burning pain in stomach or upper abdomen, bloating, belching, nausea or vomiting (worse at night), bleeding (black bowel movements)
- **Treatment:** Antacids/Acid Inhibitors; Alkaline substance (tums or malox); Antibiotics to treat infections

## Esophagitis:
- **Acid Reflux of stomach acid and up into the esophagitis causing “heartburn”**
- **Causes:** Incompetent gastric sphincter or irritants such as roundworms or Aspirin (very common to have in conjunction with Gastritis)
- **Symptoms:** Anterior mid chest burning, regurgitation of stomach acid, difficulty swallowing, coughing, wheezing, asthma, hoarseness in throat.
- **Treatment:** Antacids/Acid Inhibitors, Antibiotics, Surgery to remove damaged part of esophagus

## Dyspepsia:
- **Upper abdominal pain associated with eating**
  - Commonly known as an upset stomach or indigestion
  - Frequently due to acid-reflux disease or gastritis
- **Causes:** Parasites; Medical diseases such as ulcers and gallstones; Drugs such as ibuprofens and antibiotics; Abnormal function of the GI muscles or the nerves controlling the GI organs
- **Symptoms:** Bloating, belching, nausea, cramping, loss of appetite; Feeling full prior to expected
- **Treatments:** Albendazole or mebendazole to treat parasitic infections; Smooth muscle relaxants; Dyspepsia not associated with a specific illness can usually be controlled by diet.

## Colitis:
- **An inflammation of the large intestine (colon)**
- **Causes:** Abnormal activation of the immune system in the large intestine; Infection by bacteria or viruses; Massive decrease in the blood supply to the bowel (in elderly); Exposure to radiation
- **Symptoms:** Abdominal pain, diarrhea, rectal bleeding, lack of appetite, fever with chills, fatigue
- **Treatment:** Surgery is the only cure; Anti-inflammatory medications to decrease intestinal inflammation; Immunomodulators to suppress the body’s immune system