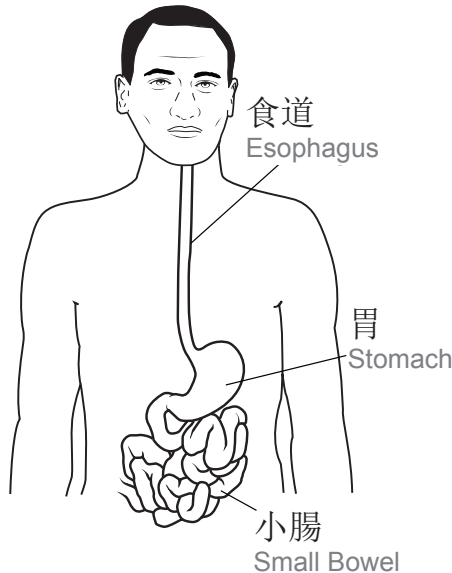


胃輕癱

Gastroparesis

Delayed stomach emptying is called gastroparesis. Your stomach has muscles and nerves that work together to push food down into your small intestine. The small intestine breaks down food so that your body has nutrients and energy. This process is called digestion.

Gastroparesis is a condition where the muscles and nerve signals between the stomach and the intestines does not work well. The movement of food from the stomach to the intestines slows down or stops. Gastroparesis means stomach paralysis.



胃排空延遲被稱為胃輕癱。您胃中的肌肉和神經共同作用，將食物推入小腸。小腸分解食物，提供您身體所需的營養和能量。這個過程叫做消化。

胃輕癱是指胃和腸道之間的肌肉和神經信號不能正常工作而引發的病症。從胃到腸之間的食物運動減緩或停止。胃輕癱是指胃麻痺。

Causes

The cause of this disease is not always known. The most common cause is diabetes where high blood sugar damages the nerve around the stomach.

Other cause include:

- Surgery to the stomach, intestines or abdominal area.
- Low thyroid called hypothyroidism
- Eating disorders such as bulimia or anorexia.
- Medicines, such as narcotics, that slow the digestive tract.
- Other health conditions, such as autoimmune disease, certain cancers, Parkinson's Disease, stroke and infections.
- Certain treatments for health problems.

病因

這種疾病的病因還未完全為人所知。最常見的病因是糖尿病，高血糖會損傷胃部周圍的神經。

其他病因包括：

- 對胃、腸或腹部進行過外科手術。
- 甲狀腺功能減退症
- 飲食失調，比如暴食症或厭食症。
- 減緩消化道功能的各類藥物，如麻醉劑。
- 其他身體疾病，諸如自身免疫疾病、某些癌症、帕金森病、中風以及感染。
- 對健康問題的某些療法。

Signs

Signs may be mild to severe. Raw fruits and vegetables, high fiber foods, fatty foods and carbonated drinks can make signs worse.

Signs include:

- Nausea
- Vomiting undigested food
- Heartburn
- Bloating
- Pain or spasms in the stomach area
- Lack of appetite
- Feeling full after a few bites of food
- Very high or very low blood sugar levels

Testing

After a physical exam, you may have blood tests. Other tests may be done to check for stomach or intestine blockage or other problems. Tests may include:

- Upper endoscopy: This test allows the doctor to see inside your mouth, esophagus and stomach. A thin tube that has a light and camera inside is put in through your mouth and passed down into your stomach.
- Ultrasound: This test uses sound waves to get pictures of the organs in your abdomen.
- Barium x-ray: During this test, you will be given a drink that has barium in it. The barium shows up on the x-ray to show how well your stomach works.

症狀

症狀輕重不一。生的水果和蔬菜、高纖維食品、高脂肪食品以及碳酸飲料有可能使症狀加重。症狀包括：

- 反胃
- 嘔吐未消化的食物
- 胃灼熱
- 腹脹
- 胃部疼痛或痙攣
- 食欲不振
- 吃了幾口食物就感覺飽了
- 血糖水平太高或太低

檢測

體檢之後，還需要對您進行驗血。還需進行其他檢測以查驗腸胃堵塞情況或其他問題。檢測包括：

- 上消化道內窺鏡檢查：本檢查可以讓醫師觀察到您的口腔、食道和胃的內部情況。把一根裝有燈和攝像頭的細管放入您的嘴巴，向下插入您的胃中。
- 超聲波檢查：本檢查利用聲波來獲取您腹部器官的圖片。
- 消化道鋇劑造影：在此檢查中，您將喝下含有鋇劑的飲料。鋇劑在X光片上顯示您的胃功能狀況。

Your doctor may order tests to check how fast your stomach empties.

- Gastric emptying scan: You would eat a small meal that has a very small amount of radioactive material in it. A camera is used to scan the movement of the radioactive material to measure how fast your stomach empties after the meal.
- Wireless capsule monitor: You swallow a small capsule device that sends information to a recorder that wear around your neck or clip to your belt. Your doctor is able to check how fast your stomach empties and how fast food and liquids pass through your intestines. The capsule is passed in your bowel movement.

Treatment

The goal of treatment is to manage the signs you have. Sometimes treating the cause may stop gastroparesis. Sometimes treatment may not completely stop gastroparesis. Treatment may include:

- Medicines.
- Changing your eating habits, such as eating 6 small meals each day. Your doctor or dietitian may also have you try eating liquid meals to help control your signs. You may also need to avoid alcohol, carbonated drinks and limit high fiber and high fat foods.
- Controlling your blood sugars if you have diabetes. You may need to check your blood sugar levels often and work closely with your doctor or diabetes educator to adjust your insulin.

您的醫師可能會要求檢查您胃排空的速度。

- 胃排空掃描：您會吃一頓含有少量放射物質的餐食。用攝像頭掃描放射性物質的運動情況，以此測量您飯後胃排空的速度。
- 無線膠囊監控：您吞下一粒小膠囊裝置，它會將信息發送至您脖子或腰帶所佩戴的記錄器上。您的醫師能查驗出您的胃排空速度以及食物和液體通過腸道的速度。膠囊會通過排便時排出。

治療

治療目的在於掌握您的症狀。有時治療病因可能會預防胃輕癱。有時治療病因不能完全預防胃輕癱。治療可能包括：

- 藥物。
- 改變您的飲食習慣，比如每天進食六次。您的醫師或營養師也可能讓您嘗試吃流質食物以達到控制病症的效果。您可能需要避免攝入酒精、碳酸飲料并限制食用高纖維及高脂肪食物。
- 如果罹患糖尿病，請控制您的血糖。您還需要經常檢查自己的血糖水平，并與您的醫師和糖尿病教育者密切合作共同調節您的胰島素。

- Gastric electrical stimulation that uses a battery powered device to send signals to muscles in the wall of the stomach. It helps to decrease nausea and vomiting.
- Surgery to place feeding tubes if other treatments are not helping.
- 胃電刺激會通過電池供電設備向您的胃壁肌肉發送訊號。有助於減少反胃和嘔吐。
- 在其他療法無效的情況下可以通過手術植入進食管。

Talk to your doctor or nurse if you have any questions or concerns.

若您有任何疑問或擔憂，請諮詢您的醫生或護士。