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Stomach ache might indicate Gallstones by [James Ble](#)

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Like fever, most of us have experienced stomach ache albeit in a different ways and for different reasons. We love to claim that the reason behind it is indigestion or acidic reaction. Unfortunately, we are not correct all the time. The reason could be constant cramping of accompanied by fever, yellowing of skin, nausea and vomiting. These signs are alarming and calls for a prompt action as there may be chances for gallstones in your tummy.

Though the exact cause for the formation of gallstones is unknown but broadly, two main types of gallstones are known- cholesterol stone and bilirubin stone. There are many tests which can prove the presence of gall bladder stones like abdominal ultrasound, CT scan, ERCP, MRCP and gallbladder radionuclide scan. The treatment for gall bladder stones calls for either immediate surgery or operation after a short period of time depending on the diagnosis result carried out by doctors.

A surgical method named as open cholecystectomy was the usual procedure for gallstones removal in olden days. However, with the advance of medical science a more advanced technique named laparoscopic cholecystectomy is more common now. This method of surgery involves smaller surgical cuts and hence promises a faster recovery for the patients. For those who fear surgery can opt for medication. Medicines are mostly taken in form of tablets which take a long time to dilute with the blood stream...

Often at times there may be cases where the doctor feels that the patient is not fit to undergo a surgery due to high blood sugar level or for some other reason. In those special circumstances, ESWL is carried out. Of all available techniques it has been found that surgery has proved to be the best till now. As prevention is always better than gallstone surgery hence it is recommended to exercise daily, consume low calorie foods and stay fit to stay free from gallstones.

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