

POSSIBLE

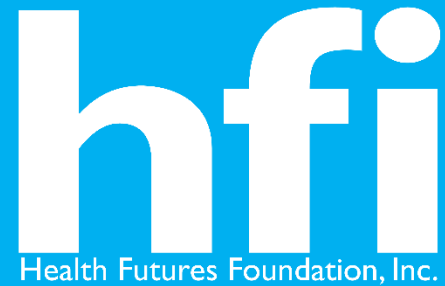
CHRONIC PANCREAS OR GALLBLADDER PROBLEM

Supportive Management

- Avoid high-cholesterol food (e.g. eggs, butter, fish, bacon, red meat, liver cheese, shrimp, shellfish, pastries, fast food).
- Avoid high-fat food (cheese, cream, processed meat, butter, hydrogenated oils such as palm oil, fast food).
- Adopt a healthy, high-fiber diet composed of vegetables, fruits, and whole grains (see list below).
- Take smaller, frequent meals. During flare-ups, if symptoms are mild, adopt a liquid diet (may include soups and broths)
- Maintain a healthy weight. Obesity increases risk for gallstones.
 - Calculate body mass index (BMI) and see if it's within **normal range (18.5 to 24.99)**. If BMI is greater than 24.99, take steps to reduce weight. **Lose weight gradually, around 0.5 – 1 kg per week.**
 - Note: BMI can be calculated using the formula: **kg/meter²**
 - Avoid crash diets. Avoid skipping meals. Rapid loss of weight could lead to greater production of cholesterol by the liver, which may lead to formation of gallstones.
- Exercise regularly. Do physical activities that are enjoyable for you (e.g. jogging, cycling). Even brisk walking (at least 30 minutes a day, 5 times a week) is a good exercise.
- Drink 8 glasses of water each day (around 2 liters of water per day).
- Keep away from drinking alcohol.
- Stop smoking.

Herbal Medicine

- **Turmeric and Honey**
 - For alleviation of biliary colic; improves bile flow; anti-inflammatory
 - Grind the turmeric. Mix one teaspoon of turmeric with one tablespoon of honey in a warm cup of water. Take this for 30 days.
- **Fruits, Vegetables, and Whole Grains**
 - For prevention of biliary colic
 - Include these high-fiber food in the diet. Fruits rich in fiber include avocados, guavas, kiwi, bananas, apples, berries, oranges, papaya, mangoes, pineapples, and grapes. For vegetables, choose especially the dark, leafy ones. Whole grains include oats, brown rice, and whole wheat bread.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

POSSIBLE

BILIARY COLIC / CHOLELITHIASIS / CHOLECYSTITIS

Herbal Medicine

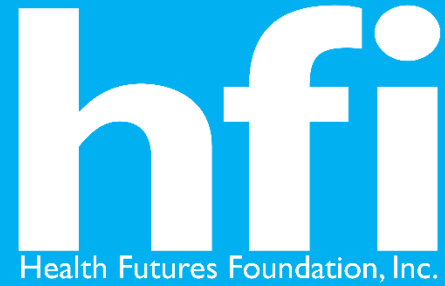
- **Anis (Licorice) Root**
 - Anti-inflammatory
 - Boil 20 grams of licorice root in 1 liter of water for 15 minutes. Strain. Divide the resulting decoction in 4-5 doses and take throughout the day.

 - **Coffee**
 - For reduction of risk for developing gallstones
 - Drink 2-3 cups of coffee a day
-

Consult doctor immediately if you are experiencing:

- Abdominal pain so severe you can't sit still or find a comfortable position
 - High fever (over 38 degrees Celsius) with or without chills
 - Yellowish discoloration of the skin and the whites of your eyes
 - Inability to keep food or fluids down due to nausea or vomiting
-

Consult doctor for appropriate diagnosis and management of condition.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
[@healthfutures](https://twitter.com/healthfutures)

Find us on Instagram
[@healthfutures](https://www.instagram.com/healthfutures)