

## Common gastrointestinal ailments are a pain, but treatable

**\*\*\*SOT\*\*\***

**Dr. Khalid Naseer [KHA-lid // nah-SEER], gastroenterologist at OSF HealthCare in Alton, Illinois**

“We are having to see a lot of patients who are gaining weight. On top of it, we're drinking a lot of caffeine and carbonated beverages. We're eating a lot of fried foods, citrus, chocolates, tomatoes. All these things relax the sphincter muscle of the esophagus, and that worsens the acid reflux.” (:23)

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“We see the patient. We do some testing for them. They usually don't need a liver biopsy anymore unless there is some significant issue such as advanced cirrhosis or if there is any confusion about the diagnosis.” (:14)

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“There is a little bit of a better community understanding that hepatitis C has become a treatable disease. But still, a lot of people just don't come in to get treated. And if they don't get it treated, it keeps causing damage to the liver, and eventually they develop cirrhosis of the liver, which is a precancerous condition.” (:18)