

No bloating about bloating

ANCHOR LEDE

Feeling bloated today? You're not alone.

It's not uncommon to get the sensation caused by gas, air or fluid retention in the stomach or small intestine.

TAKE VO

But what's important to know: bloating has many causes. So don't let it linger and hope it will go away. If symptoms persist, see a health care provider so they can rule out something more serious and give proper treatment.

OSF physician Doctor Aminat Ogun [ah-ME-not // oh-GOON] says a chief way to avoid bloating is to change your diet.

SOT

Dr. Aminat Ogun, OSF HealthCare family medicine physician

**"Have a food diary. See what triggers your bloating symptoms and see if you can eliminate those foods."
(:08)**

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You make also get medicine like Gas-X.