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1/16Everyone’s stomach gets a bit out of sorts from time to time. But in some cases, depending on your symptoms, you may need to see your doctor.2/16The liquid that helps you digest food has a lot of acid in it. Sometimes these digestive juices get through the protective barrier in your stomach and irritate its lining -- that's called gastritis. It can be brought on by bacteria, regular use of pain relievers like ibuprofen, too much alcohol, or stress. You can sometimes treat it with over-the-counter antacid or prescription medicines. But see your doctor because it can lead to bleeding or stomach ulcers.3/16These are open sores on the lining of your stomach or the upper part of your small intestine. The most common cause is bacteria, but again, long-term use of aspirin, ibuprofen, and other painkillers can play a role. And people who smoke or drink get these ulcers more often. They're usually treated with prescription medicines that decrease stomach acid or antibiotics, depending on the cause.4/16Also known as the stomach flu, this is a viral infection in your intestines. You may have watery diarrhea, cramps, or nausea, and you might throw up. You can get it from someone who has it or contaminated food. There’s no treatment, but it usually goes away on its own. See a doctor if you have a fever, you’re throwing up, dehydrated, or you see blood in your vomit or stool.5/16Bacteria, viruses, and parasites in food cause this illness. You may have diarrhea, nausea, and vomiting. It happens when food isn’t handled properly. It usually gets better on its own, but see a doctor if you’re dehydrated, see blood in your vomit or stool, or you have diarrhea that is severe or lasts for more than 3 days. Also call your doctor if you have any symptoms of food poisoning and you have other health problems or have a weak immune system.6/16This common illness affects your large intestine (also called the colon). It can cause cramping, bloating, and mucus in your stool. You may go back and forth between diarrhea and constipation. It’s not clear why it happens, but food, stress, hormones, and infection may all play a part. A doctor may be able to help you control symptoms through changes in your diet or lifestyle, or medication.7/16Lactose is the sugar in milk and other dairy products. If you don’t have enough of an enzyme called lactase, your body can have trouble breaking it down. That can cause diarrhea, gas, bloating, and belly ache. There’s no cure, but you can manage it if you have only a small amount of dairy in your daily diet, buy lactose-free dairy products, or take over-the-counter lactaid pills.8/16This happens to women: It’s inflammation of the reproductive organs, often following a sexually transmitted disease like chlamydia or gonorrhea. Besides pain in your belly, you might also have a fever, unusual discharge, and pain or bleeding when you have sex. If you catch it early, it can be cured, usually with antibiotics. But if you wait too long, it can damage your reproductive system.9/16This happens when your body mistakes a certain food for something harmful and tries to defend against it. In addition to a stomachache, symptoms also can include tingling and swelling in your mouth and throat. In severe cases, it can cause shock and even death if it’s not immediately treated with a drug called epinephrine. Shellfish, nuts, fish, eggs, peanuts, and milk are some of the more likely triggers.10/16Your appendix is a finger-shaped organ that is found at the beginning of your colon in the lower right part of your belly. It’s not clear what the appendix does, but when it’s inflamed, it’s usually infected and should be taken out. If it bursts, it can spread bacteria. Pain often starts at your belly button and spreads down and to the right. See a doctor immediately if you think you might have appendicitis.11/16This happens when gallstones -- small rocks made from juices that help with digestion -- block the tubes, or ducts, that run between your liver, pancreas, gallbladder, and small intestine. The most common symptom is abdominal pain -- if it is severe or lasts more than several hours, call your doctor. You may also have nausea, vomiting, fever, tea-colored urine, and light-colored stools. The stones often move on their own, but you might need surgery if they don’t.12/16A hernia happens when a part of your intestines slides through your abdominal wall. When it gets twisted or moved, and cut off from its blood supply, it can cause severe pain in your belly. Surgery is often needed quickly to correct the problem.13/16Exercise, plenty of water, and foods that have a lot of fiber, like prunes and whole grains, can help. But if you regularly pass fewer than three stools a week, have to strain to go, and your stools are usually lumpy and hard, that can be a sign of a more serious condition. See your doctor if you have any of these.14/16This happens when your pancreas, an organ that helps your body process sugar and digest food, gets inflamed. You may have pain in your upper belly that gets worse after you eat. You may also have nausea, and you might throw up. Mild cases may go away on their own, but severe cases can be dangerous. Your doctor may ask you to stop eating for a day or two and give you pain meds. If that doesn’t clear it up, you might need to be in the hospital to get nutrition and fluids.15/16Inflammatory bowel disease, or IBD, has two main forms: ulcerative colitis (UC) and Crohn’s disease. In both conditions, your immune system seems to overreact and inflame your intestinal tract. Though IBD doesn’t affect your stomach directly, belly pain and nausea are common symptoms, along with diarrhea, joint pain, fever, skin rashes, and other symptoms. Your doctor can help you manage your IBD with special medications along with lifestyle changes. 16/16Small bulging pouches can form in the lining of your digestive system, usually in the lower part of your large intestine. They’re pretty common and don’t typically cause problems. But if they get inflamed or infected they can cause severe abdominal pain, nausea, and changes in bowel movements. Rest and changes in your diet can help. Your doctor might prescribe antibiotics as well. AppendicitisGastritisDiverticulitisIBDSports injuriesOutlookAbdominal tenderness is a type of pain that someone experiences when they apply pressure to their abdomen. It can occur due to various illnesses, or if a person experiences a physical blow to their abdomen.A person may experience abdominal tenderness for several different reasons. The abdomen contains the digestive and reproductive organs, so tenderness in the area tends to relate to these organs.In this article, we cover several possible causes of abdominal tenderness. We also discuss symptoms and treatment.Gastritis occurs when the stomach lining becomes inflamed or swollen. It can happen for a short amount of time or continue for a long time depending on the type.This condition can occur due to:a bacterial infectiondamage to the stomach liningan autoimmune responseGastritis can cause pain in the upper part of the abdomen. A person may also feel and be sick. However, some people with gastritis do not experience any symptoms.The condition can sometimes trigger bleeding in the stomach. This is a serious issue and may result in a person experiencing the following symptoms:A doctor can treat the symptoms of gastritis by prescribing antacids to reduce the amount of acid in a person’s stomach. However, a doctor also needs to treat the underlying cause of a person’s gastritis to make sure that it does not reoccur.This might involve prescribing a person antibiotics to treat a bacterial infection, or advising them on substances to avoid consuming that might be causing their gastritis.In diverticulitis, small sacks push out from a person’s colon. If these sacks, called diverticula, cause a person problems, a doctor may diagnose diverticulitis.It is unclear why some people develop diverticula. Most people who develop them will not experience any symptoms, but some will experience swelling and pain in their abdomen if their diverticula become inflamed. A person with diverticulitis may also experience:diarrhea or constipationa feverfeeling or being sickAccording to the NIDDK, treatments for diverticulitis may include eating more fiber or taking fiber supplements, taking certain medications, or taking probiotics.Share on PinterestIBD can cause weight loss and tiredness.Two conditions fall under IBD: Crohn’s disease and ulcerative colitis. The main difference between them is that Crohn’s disease can affect the whole of the gastrointestinal tract, whereas ulcerative colitis only affects the colon and rectum.IBD can cause a person to experience pain in their abdomen. They may also experience:frequent diarrheablood in their stoolsweight losstirednessIt is not clear why some people have IBD and others do not. Experts believe that IBD occurs due to a problem with a person’s immune system. Environmental factors, genetics, or a combination of these can trigger the condition.A doctor may prescribe various medications to treat IBD. A person may also need surgery to remove parts of the gastrointestinal tract that the IBD has damaged.Abdominal tenderness may occur if a person has sustained an injury to their abdomen while playing sports.According to an article that appears in the International Journal of Sports Physical Therapy, the abdomen is vulnerable to injury due to its size and location on a person’s body, and because it does not have a protective structure around it.According to the article, serious injuries can include a hernia, in which a part of the intestine sticks out through the abdominal wall.Other injuries can include muscle damage, in which the muscles of a person’s abdomen are strained or torn by a physical blow, and organ damage, in which one of a person’s abdominal organs can experience trauma or start to bleed.If a person receives a blow to the abdomen while playing sports, it is important for someone with medical training to check their vital signs and for rebound tenderness.The rebound test involves putting pressure on a person’s abdomen for a few seconds then quickly letting go. If the person feels pain on release, they may have damage to an organ and need urgent medical attention.There are many possible causes of abdominal tenderness. Due to this, diagnosing the issue precisely can take a medical professional some time.Once a doctor has determined the cause of a person’s abdominal tenderness, they can then make sure that the person is getting the best treatment for the underlying issue and ease any symptoms they are experiencing. Naval pain after abdominal surgery is normal and healing takes time. Usually, doctors provide painkillers to subside this pain. But you can talk to the doctor if you notice fever, swelling, or any other unusual symptom. Some patients experience belly button pain weeks after their surgery which is not usual. This may be an indication that the incision is infected. Immediately consult a doctor before there is any complication. (Also Read: How to heal faster after abdominal surgery?) Pregnancy brings a lot of changes in the female body. Your weight starts increases month-on-month, your belly starts protruding. This growth in the belly can cause belly button pain when pressed along with stomach pain and it is normal. Sometimes this pan is constant when you need to see your gynecologist. In rare cases, umbilical hernia is a reason for belly pain in pregnant women. It happens to obese women and those who have had multiple surgeries. The symptoms may be the pain in the belly button, swelling near the belly button, nausea, and vomiting. Hernia is a tear in the abdominal tissue and occurs when you lift heavy-weight. Lifting heavy objects directly puts pressure on navel and abdomen which is the reason for a hernia. On pressing the belly button, the abdominal hernia may get back to its place but with slight pain. The intensity of pain may vary. Hernia does not go away on its own. You need surgery to treat hernia. (Also Read: Hernias in Men versus Hernias in Women)The stomach produces acid to help digest and process food. When the amount of acid increases in the stomach, it erupts out of the lining and results in stomach ulcers. These ulcers cause severe pain in the abdomen and the belly button. There may be internal bleeding due if ulcers are not treated. To treat belly button pain, stomach ulcers need to be treated. Urinary tract infection is more common in women than in men. UTI, in most cases, is the result of sexual activity. The symptoms of UTI are pain while urination, abdominal pain extending to the back and belly button. There is a type of UTI - cystitis that is more dangerous than typical UTI infection. It spreads to other parts of the body. Therefore contacting a doctor is very important.Pain in the abdomen is the initial indicator of gallbladder stones. It travels to the belly button when you continuously get gallbladder attacks. This pain is intense and unbearable. You can treat them when you get the surgery for gallstones removal where the surgeon removes the gallbladder. Do not panic, humans can survive without gallbladder without complications.The condition where the appendix swells can be a life-threatening situation if it is not treated within 24 hours. It is a medical emergency that can rupture the appendix. Appendix pain starts on the left side of the belly button and gets severe over time. The other symptoms include nausea, vomiting, fever, bloating and constipation or diarrhea.There are some good bacteria and some bad bacteria in the human body. The bad bacteria when entering the gut can cause infection and cause severe pain in the belly button. This happens when you consume contaminated food or get in contact with an infected person. Gradually stomach sores start building up in the stomach and small intestine which may even increase the risk of stomach cancer. Consult a doctor before the stomach infection spreads to the surrounding organs. The function of the pancreas is to make sure that there is a sufficient amount of sugar in the body to meet energy needs. The first symptom is belly button pain that shows that the pancreas is not functioning properly. The problems of pancreas include pancreatitis, chronic pancreatitis, acute pancreatitis or pancreatic cancer.Indigestion or upset stomach cause pain in the stomach that may radiate to the belly button area. You can consult a doctor for the right medicine as the pain goes away with over-the-counter medicines or home remedies. (Also Read: Common digestive conditions from top to bottom)Small intestine disorders such as Crohn’s disease or irritable bowel syndrome (IBS) cause severe pain in the navel. This is a chronic condition and hinders your daily activity. Therefore, consult a gastroenterologist for the right treatment. If there is any injury or if you are lifting weight or exercise in the wrong way, all this can lead to belly button pain. Sometimes, while trying to clean it, there are chances that you poke in more than necessary. Even muscle pain or injury pain in the belly button takes time to heal. Consult the doctor to know the right medication.There are small pouches that form in the lining of the digestive system in the lower part of the large intestine. They are normal but if they swell or get infected, they can cause severe pain in the abdomen that extends to the navel area.If you constipate, you are prone to pain around the belly area. You are unable to completely empty your bowel, still feel full after bowel movement or strain while passing stools, it is known as constipation.This problem is usually seen in women. In this condition, the reproductive organ of women may swell following a sexually transmitted disease such as gonorrhea. Along with belly pain, the patient may observe fever, pain during sex or unusual discharge.We take care of youGet Your Surgery Done withNo Cost EMI, Hassle-free Insurance Approval Pristyncare AppDownload app to get more features for free Check Symptoms Cowin Certificate Period Tracker Dental Aligners Although belly button pain is not serious, after reading the reasons you must have understood it can be a problem if it persists. You should immediately see a doctor if the belly button pain disturbs you in your daily chores, wakes you up at night or causes vomiting and fever. Therefore, it is very important to know the cause of belly button pain so that you can look for the right treatment. For any of these concerns, you can put your query below or contact us. Experiencing a hard or distended stomach can be alarming and uncomfortable. If you've noticed your stomach feels unusually firm to the touch, you're likely seeking answers. This article will explore the potential causes of a hard stomach, delve into the difference between bloating and distension, and provide guidance on when to seek medical attention. We'll also discuss how food intolerances might contribute to digestive discomfort and highlight the benefits of our food sensitivity test kit. A hard stomach, often accompanied by bloating or distension, can be caused by various factors, including: Gas and Bloating: Gas buildup in your digestive tract is a common cause of a hard or distended stomach. This can result from swallowing air, consuming gas-producing foods, or having difficulty digesting certain foods. Constipation: When stool becomes backed up in your intestines, it can lead to abdominal distension and a feeling of firmness or hardness. Ascites: This condition involves the accumulation of fluid in the abdominal cavity, often caused by liver disease or other medical conditions. Tumors or Masses: In rare cases, a hard stomach can be a sign of a tumor or mass in the abdomen. Distension vs. Bloating: Understanding the Difference While the terms "bloating" and "distension" are often used interchangeably, there's a subtle difference: Bloating: A subjective feeling of fullness or tightness in the abdomen, often accompanied by gas. Distension: An objective increase in abdominal size, which can be measured or observed. Why Does My Stomach Feel Hard? If your stomach feels hard to the touch, it's often a sign of distension, meaning there's an increase in the size of your abdomen. This can be caused by various factors, including gas, constipation, or fluid buildup. Bloated Abs: A Common Concern Bloated abs, characterized by a swollen or distended stomach, are a common complaint, especially among women. This can be caused by a variety of factors, including: Dietary habits: Eating too quickly, consuming gas-producing foods, or drinking carbonated beverages. Hormonal changes: Fluctuations in hormone levels, especially during the menstrual cycle, can contribute to bloating. Food intolerances: Sensitivities to certain foods can trigger inflammation and bloating. Underlying medical conditions: Conditions like irritable bowel syndrome (IBS) or small intestinal bacterial overgrowth (SIBO) can cause chronic bloating. Food Intolerance and Digestive Health If you experience persistent bloating or other digestive issues, consider the possibility of food intolerances or sensitivities. These can disrupt your gut microbiome and contribute to various symptoms, including bloating, gas, and abdominal discomfort. A food sensitivity test kit can help you identify specific foods that might be triggering your symptoms. By eliminating or reducing these trigger foods, you can potentially alleviate your digestive problems and improve your overall gut health. Key Takeaways: A hard stomach can be caused by various factors, including gas, constipation, ascites, or tumors. Distension refers to an objective increase in abdominal size, while bloating is a subjective feeling of fullness. Food intolerances can contribute to bloating and other digestive issues. If you experience persistent or concerning abdominal symptoms, consult a healthcare professional. Remember, this article is intended for informational purposes only and should not be considered a substitute for professional medical advice. If you have any concerns about your health or 1 are experiencing abdominal discomfort, consult a qualified healthcare professional. Frequently Asked Questions: 1. I often feel bloated after meals. Is this normal? Occasional bloating after meals is quite common and usually not a cause for concern. However, if you experience bloating frequently or it's accompanied by other symptoms like abdominal pain or changes in bowel habits, it's best to consult a doctor. 2. Can stress cause my stomach to feel hard and bloated? Yes, stress can definitely contribute to bloating and a feeling of abdominal hardness. This is because stress can affect your digestive system, leading to increased gas production and altered bowel movements. 3. How can I tell the difference between bloating and actual fat gain in my stomach? Bloating typically causes temporary distension and a feeling of fullness or tightness in your abdomen. Fat accumulation, on the other hand, is a more gradual and persistent change in your body shape. 4. What are some simple ways to reduce bloating? Here are a few tips: Eat smaller, more frequent meals. Chew your food thoroughly. Stay hydrated by drinking plenty of water. Identify and avoid foods that trigger your bloating. Consider taking a probiotic supplement. Manage stress through relaxation techniques. 5. I'm concerned about my persistent bloating. How can a doctor help? A doctor can help assess your symptoms, rule out any underlying medical conditions, and recommend appropriate treatment or lifestyle changes. They might also suggest a food sensitivity test to identify potential food intolerances that could be contributing to your bloating. Watch AFIL test kits testimonial videos click here Dr. Sony is known for her medical articles, written with in-depth detail and accuracy owing to her vast medical knowledge and thorough research of each article. She completed her degree with multiple scholarships from Guangzhou Medical University and is a board-certified Clinical Doctor. She is currently working as a Medical Officer in the emergency department of a renowned hospital and continues to publish numerous medical papers and articles. Dr. Sony continues to lead the way in medical breakthroughs, unparalleled by her high level of detail, knowledge and passion for discovering new sciences and innovative healthcare treatments. Ther term abdominal point tenderness simply means that there is pain in a certain part of the abdomen when pressure is applied to it. In contrast, the term abdominal pain means that pain may be present irrespective of whether there is pressure applied to it or not. Tenderness can accompany pain. However, the pressure on the abdomen like with pressing (palpation) during a physical examination will intensify this pain. Why is there pain with pressing? The abdomen should not be tender to touch. Pressing on the abdomen only elicits pain when an organs or tissues are inflamed. This inflammation may be due to a host of causes, such as injury, infection or immne-mediated reactions like allergies and autoimmune diseases. Inflammation is a mechanism to protect against tissue damage. Therefore tenderness of the abdomen is an indication of some underlying tissue damage in the abdominal cavity or abdominal wall.Abdominal Organs Located at Tenderness The abdomen can be divided into four quadrants – the right upper quadrant (RUQ), the left upper quadrant (LUQ), the right lower quadrant (RLQ) and the left lower quadrant (LLQ). Tenderness when pressing on these quadrants is usually indicative of a problem with an organ in the specific quadrant. RUQ: Liver, gallbladder, pancreas, small intestine and large intestine (transverse colon). LUQ: Stomach, small intestine, large intestine (transverse colon), pancreas and spleen. RLQ: Large intestine (appendix and ascending colon) and small intestine. LLQ: Large intestine (descending and sigmoid colon) and small intestine. The small and large intestines occupy most of the abdominal cavity. It extends across all of the abdominal quadrants but most of it lies in the lower quadrants. The peritoneum lines the abdominal organs. It provides support to the organs within the abdomen and also allows for blood/lymphatic vessels and nerves to pass through. Causes of Abdominal Pain When Pressing The following conditions tend to present with abdominal point tenderness. It may also be the cause of abdominal pain. The location of the pain as well as accompanying signs and symptoms can help with identifying the possible cause. At times it can be difficult to isolate the problem to one specific quadrant as organs may overlap and pain can radiate to neighboring quadrants. Some of the possible causes of abdominal pain when pressing on it (abdominal tenderness) has been discussed below. However, it should be investigated immediately by a medical professional. Remember that some of the serious and even life threatening conditions may appear with mild to moderate symptoms whereas less serious conditions can present with severe symptoms. Medical attention is therefore necessary. Right and Left Upper Abdominal Tenderness Liver pain: – Most of the liver lies in the right upper quadrant and extends into the left upper quadrant. – Hepatitis is inflammation of the liver and is often caused by a viral infection. – Hepatocellular carcinoma (liver cancer) is another possible cause of RUQ pain and tenderness. Gallbladder pain: – The gallbladder is located under the liver and lies around the upper middle region of the abdomen. – Gallbladder inflammation may occur with conditions like gallstones and infections. – Bile duct stones and infections may also cause pain and tenderness in this region. – Gallbladder and bile duct cancer can also be responsible for pain and tenderness. Pancreas pain: – The pancreas is located in the upper middle region of the abdomen and tapers into the left upper quadrant. – Pancreatitis is inflammation of the pancreas that is often caused by mechanical and chemical injury. – Pancreatic cancer is another possible cause of pancreas pain and upper middle abdominal tenderness. Stomach pain: – The stomach is located in the upper left quadrant of the abdomen extending towards the midline. – Gastritis and stomach ulcers are common causes of stomach pain. – Hiatal hernia is where a portion of the stomach becomes trapped in the chest cavity. – Stomach cancer is also a possible cause of left upper abdominal pain and tenderness. Duodenal pain: – The duodenum is located in the upper middle region of the abdomen next to the stomach and pancreas. – Duodenal inflammation is a common problem and arises for many of the same reasons as gastritis. – Duodenal ulcers are common and may be another cause of abdominal pain and tenderness. Read more on upper abdominal pain. Right and Left Lower Abdominal Tenderness Appendix pain: – The appendix is located around the middle of the right lower quadrant (RLQ) of the abdomen, which is known as McBurney’s point. – Appendicitis is inflammation of the appendix with pain and tenderness between the umbilicus (belly button) and upper edge of the pelvis. – Perforated appendix may arise as a complication of appendicitis and can be life threatening. Colon pain: – The colon runs across the abdomen as well as as along the sides. – Colitis is inflammation of the colon which occurs for many reasons, like an infection. – Colon cancer is a common cancer and may also involved the rectum. – Diverticulitis is inflammation of the small outpouchings of the colon. – Toxic megacolon is a complication of infectious colitis or inflammatory bowel disease (IBD) which can be life threatening. Small intestine pain: – The small intestine is coiled in the abdomen and occupies most of the abdominal cavity. – Obstruction in the small intestine can cause arise with adhesions, inflammatory bowel disease, hernias, cancer and twisting of the small intestine (volvulus). – Enteritis is inflammation of the small intestine and is most commonly caused by an infection. Urinary tract pain: – The bladder is located in the middle of the pelvic cavity which most of the time is mistaken for the lower abdomen. Ureters run from either side of the bladder, up the flanks to the kidneys in the upper abdomen. – Urinary tract infections (UTIs) are common and may present with pain in the genitalia (urethra ~ uretheritis), lower mid abdomen (bladder ~ cystitis), along the flanks (ureter ~ ureteritis) and upper flanks or back (kidneys ~ pyelonephritis). – Urinary stones may form in the kidney and pass down to the bladder or it may form within the urinar bladder. Reproductive pain: – The reproductive organs lie in the pelvis and may extend into the lower abdomen. – Prostatitis is inflammation of the prostate gland which sits just under the bladder. – Pelvic inflammatory disease (PID) is infection of the female reproductive organs, like the uterus and fallopian tubes. – Endometriosis is where the inner uterine tissue implants outside the uterus and irritates surrounding tissue. – Ovarian cysts where abnormal cysts arise in the ovaries. – Torsion of the ovaries where the fallopian tubes twist. – Ectopic pregnancy is where a fertilized egg cell is trapped within the fallopian tubes. – Cancer may arise in any of the reproductive organs and give rise to pain and tenderness. Read more on lower abdominal pain. Tenderness Anywhere on the Abdomen There are several structures of the abdomen that may extend across the entire abdominal cavity or at least across multiple quadrants. Peritonitis is inflammation of the peritoneum that lines the abdominal cavity and its organs. There is usually severe abdominal pain with tenderness. Hernias are outpuchings from the abdominal wall and sometimes a portion of the bowel can get trapped within it (strangulated hernia). A hernia itself may not always be painful or tender. Trauma to the abdominal wall can occur for a number of reasons, such as a blow to the abdomen, and the area may be tender for days or even weeks. Abdominal muscle strain is a common cause of abdominal pain and tenderness. These muscles may be strained not only be trauma but also by overuse and other forms of stress. References: Point tenderness – abdomen. NIH.gov Last updated on August 7, 2018. Latest Updated on August 31, 2018 by Dr. Chris Published on May 2, 2017 by Dr. Chris Please note that any information or feedback on this website is not intended to replace a consultation with a health care professional and will not constitute a medical diagnosis. By using this website and the comment service you agree to abide by the comment terms and conditions as outlined on this page CausesPregnancyWhen to see a doctorOutlookIf your stomach is feeling hard and swollen, it’s usually a side effect from certain foods or drinks. Sometimes, when accompanied by other symptoms, a hard stomach is an indication of an underlying condition.A hard, swollen stomach will usually go away after you stop consuming whatever food or drink triggered it. However, sometimes the symptoms stick around and are a sign you need medical attention.Here’s what you need to know about the causes and treatments of a hard stomach.When your stomach swells and feels hard, the explanation might be as simple as overeating or drinking carbonated drinks, which is easy to remedy. Other causes may be more serious, such as an inflammatory bowel disease.Causes of a hard stomach include:Sometimes the accumulated gas from drinking a soda too quickly can result in a hard stomach. This uncomfortable feeling dissipates as the gas is expelled.Eating too much at one sitting or eating too quickly can give you an uncomfortable sense of fullness along with a hard stomach. The discomfort usually goes away over time as the food moves through the digestive system.If you’re having trouble with bowel movements, you may be constipated. This can lead to an uncomfortable feeling of being overly full or bloated along with a hard stomach.IBS can cause several symptoms that may result in a hard stomach:bloatingcramping gasabdominal painDiverticulitis, an inflammation and infection of the digestive tract, can also result in bloating and swelling that may make your stomach feel hard.painbloatinga hard stomachStomach cancer, or gastric cancer, commonly involves either the stomach lining or stomach muscle walls. Although this is a relatively rare cancer, it may result in a hard stomach.Generally, you expect a hard stomach when you’re pregnant. Your hard-feeling stomach is caused by the pressure of your uterus growing and putting pressure on your abdomen.The hardness of your stomach while pregnant can be more pronounced if you eat a low-fiber diet or drink a lot of carbonated beverages.If your experience severe pain along with your hard stomach, you should see your OB-GYN or seek immediate medical attention. Sometimes severe pain in the first 20 weeks of pregnancy is an indicator of miscarriage.Although more common in the third trimester, in the second or third trimester of pregnancy, discomfort can come from labor contractions or Braxton-Hicks contractions. Typically Braxton-Hicks contractions pass.If the contractions don’t pass and become more persistent, it might be a sign that you’re going into labor.There are a number of reasons that your stomach could feel hard or tight. Since most of them are digestive issues, they often go away on their own or can be simply treated.If symptoms worsen or continue for more than a few days, you should see your doctor about a full diagnosis to identify the cause and recommend an appropriate treatment. If you’ve ever experienced abdominal discomfort or stomach pain when pressing on your stomach, you may be wondering what could be causing it. In this article, we will explore the various reasons why your stomach may feel hard when you press on it, and the possible explanations behind it. When it comes to this sensation, there are several potential causes to consider. It could be a result of bloating, constipation, food intolerance, or underlying health conditions like Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD), Diverticulitis, Gastritis, or even stomach cancer. In some cases, it can also be a common occurrence during pregnancy. While occasional discomfort or a hard-feeling stomach may not be cause for concern, it’s important to take note if the symptom persists for more than a few days or is accompanied by severe pain or other concerning symptoms. Seeking medical attention can help in identifying the underlying cause and determining the appropriate course of action. Next, let’s dive deeper into some common causes of a hard stomach attributed to specific factors such as carbonated drinks, overeating, constipation, food intolerance, and more. Causes of a Hard Stomach: Carbonated Drinks and Overeating When it comes to a hard stomach, carbonated drinks and overeating can be common culprits. Let’s take a closer look at how these factors contribute to this uncomfortable sensation. Carbonated Drinks Consuming carbonated drinks, like soda, too quickly can lead to a build-up of trapped gas in the stomach. This trapped gas can cause the stomach to feel hard and distended. However, the good news is that once the gas is expelled through burping or flatulence, the hard feeling usually subsides. Overeating Another common cause of a hard stomach is overeating or eating too quickly. When we eat excessively or rush through our meals, our stomachs have a harder time processing the food. This can result in a feeling of fullness, bloating, and a hard stomach as the food moves through the digestive system. To avoid overeating, it’s helpful to practice mindful eating techniques such as taking smaller bites, chewing food thoroughly, and paying attention to feelings of satiety. These simple steps can promote better digestion and reduce the likelihood of a hard stomach. If you frequently experience a hard stomach after consuming carbonated drinks or overeating, it’s worth considering moderation or making some dietary adjustments to prevent discomfort. Causes Symptoms Consuming carbonated drinks too quickly Trapped gas leading to a hard stomach Overeating or eating too quickly Feeling of fullness, bloating, and a hard stomach Causes of a Hard Stomach: Constipation and Food Intolerance When it comes to experiencing a hard stomach, two common culprits are constipation and food intolerance. These issues can lead to discomfort and bloating, creating a feeling of fullness and hardness in the abdomen. Constipation: Difficulty with bowel movements can result in constipation, which occurs when stool becomes compacted and difficult to pass. This can cause the stomach to feel hard and distended. Factors such as low fiber intake, dehydration, lack of physical activity, and certain medications can contribute to constipation. Food Intolerance: Certain individuals may have difficulty digesting specific foods, leading to food intolerance. Common examples include lactose intolerance, gluten intolerance, and fructose intolerance. When these trigger foods are consumed, it can result in bloating, swelling, and a hard sensation in the stomach. To alleviate the symptoms of constipation and food intolerance, there are several strategies that can be implemented: Increase fiber intake through the consumption of fruits, vegetables, and whole grains. Stay hydrated by drinking an adequate amount of water throughout the day. Incorporate regular physical activity into your routine to promote a healthy digestive system. Consider keeping a food diary to identify and avoid trigger foods that contribute to food intolerance. Consult with a healthcare professional or registered dietitian for personalized dietary recommendations and guidance. By implementing these lifestyle changes and avoiding trigger foods, individuals can help alleviate the symptoms associated with constipation and food intolerance, ultimately reducing the discomfort of a hard stomach. Causes of a Hard Stomach: Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD) When experiencing a hard stomach, two common causes are Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). These conditions can contribute to a range of symptoms, including bloating, cramping, gas, and abdominal pain. Irritable bowel syndrome is a functional disorder that affects the way the digestive system functions. It can cause discomfort and changes in bowel habits, leading to a hard stomach. Inflammatory bowel disease, on the other hand, encompasses chronic conditions like ulcerative colitis and Crohn’s disease. These conditions involve inflammation of the digestive tract, leading to symptoms such as abdominal pain and a hard stomach. If you suspect that you may have either IBS or IBD, it is important to consult with a healthcare professional for proper diagnosis and treatment. Causes of a Hard Stomach: Diverticulitis and Gastritis Diverticulitis is a condition characterized by inflammation and infection in the digestive tract. This can lead to bloating and swelling, causing the stomach to feel hard. The inflammation occurs when small pouches, called diverticula, in the colon become infected or inflamed. Diverticulitis can cause discomfort, pain, and a firm abdomen. Gastritis, on the other hand, is inflammation of the stomach lining. It can be caused by various factors such as a bacterial infection (most commonly Helicobacter pylori), excessive alcohol consumption, long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs), or stress. Gastritis can result in stomach ulcers, which can lead to a hard stomach along with pain and bloating. Comparing Diverticulitis and Gastritis: Features Diverticulitis Gastritis Cause Inflammation and infection of diverticula in the colon Inflammation of the stomach lining Symptoms Bloating, swelling, abdominal pain, constipation or diarrhea Stomach pain, nausea, vomiting, bloating, loss of appetite Causes Poor diet, lack of exercise, genetic factors Bacterial infection, excessive alcohol consumption, NSAIDs, stress Treatment Antibiotics, pain relievers, dietary changes, increased fluid intake Antibiotics, acid reducers, diet modifications, stress management If you are experiencing a hard stomach along with symptoms of diverticulitis or gastritis, it is important to consult a healthcare professional for proper diagnosis and treatment. They can provide personalized recommendations and guide you towards managing these conditions effectively. Causes of a Hard Stomach: Stomach Cancer and Pregnancy While stomach cancer is relatively rare, it can cause a hard stomach, particularly when it involves the stomach lining or muscle walls. During pregnancy, a hard-feeling stomach is a common occurrence due to the pressure of the growing uterus. If accompanied by severe pain or other concerning symptoms, medical attention should be sought. Here is a comparison of the causes of a hard stomach between stomach cancer and pregnancy: Causes Stomach Cancer Pregnancy Stomach Lining or Muscle Wall Involvement Can cause a hard stomach – Growing Uterus Pressure – Common cause of a hard-feeling stomach Severe Pain or Other Concerning Symptoms Medical attention should be sought Medical attention should be sought Stomach Cancer Stomach cancer occurs when abnormal cells grow uncontrollably in the stomach lining or muscle walls. This can lead to various symptoms, including a hard stomach. While stomach cancer is relatively rare, it is important to be aware of the signs and symptoms, such as unexplained weight loss, persistent indigestion, and abdominal pain. If you experience these symptoms along with a hard stomach, it is essential to seek medical attention for a proper diagnosis. Pregnancy During pregnancy, the uterus expands as the baby grows. This expansion can put pressure on the surrounding organs, including the stomach. As a result, many pregnant individuals experience a hard-feeling stomach. This is especially common during the later stages of pregnancy. However, if you are pregnant and the hard stomach is accompanied by severe pain, vaginal bleeding, or other concerning symptoms, it is crucial to consult your healthcare provider. Remember, it’s always important to pay attention to your body and seek medical attention if you have any concerns or experience severe symptoms. When to Seek Medical Attention for a Hard Stomach? If you have a hard stomach and experience persistent symptoms or severe discomfort, it’s crucial to seek medical attention promptly. While a hard stomach can be caused by various factors, certain signs and symptoms may indicate underlying conditions requiring immediate medical evaluation. Signs that warrant seeking medical attention: Severe abdominal pain: If you experience intense, sharp, or worsening abdominal pain, it could indicate a serious condition that requires medical assessment. Bloody stools: The presence of blood in your stools may indicate gastrointestinal bleeding or other significant digestive issues that need medical attention. Difficulty breathing: If you have a hard stomach accompanied by difficulty breathing, it could be a sign of a serious underlying problem that requires urgent medical evaluation. Severe nausea and vomiting: Persistent and severe nausea and vomiting can lead to dehydration and indicate a more severe digestive issue that warrants medical intervention. Unexplained weight loss: Significant and unintentional weight loss accompanied by a hard stomach could be indicative of an underlying medical condition that requires medical attention. Yellowing skin: Yellowing or jaundiced skin can be a symptom of liver or gallbladder problems, which necessitates prompt medical assessment. If you experience any of these symptoms or have concerns about your hard stomach, it is essential to seek medical attention promptly. A healthcare professional can provide a proper diagnosis, identify any underlying conditions, and recommend appropriate treatment to alleviate your symptoms. Conclusion In conclusion, a hard stomach can be a result of various digestive issues. Bloating, constipation, food intolerance, and underlying conditions like Irritable Bowel Syndrome (IBS) or Inflammatory Bowel Disease (IBD) can contribute to abdominal discomfort and the sensation of a hard stomach. The good news is that many of these causes can be resolved on their own or with simple treatments. However, it’s important to pay attention to persistent or worsening symptoms. If you experience severe abdominal pain, unexplained weight loss, bloody stools, or other concerning symptoms, it’s crucial to seek medical attention to ensure proper diagnosis and appropriate treatment. By consulting with a healthcare professional, you can address your specific symptoms and receive personalized guidance. They can help identify the underlying cause of your hard stomach and provide the necessary interventions to alleviate the abdominal discomfort and digestive issues you may be experiencing. Remember, early detection and intervention are key to maintaining your digestive health and overall well-being. When you press on your stomach and feel hardness, it can be attributed to various causes such as bloating, constipation, food intolerance, or underlying health conditions like Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD), Diverticulitis, Gastritis, or even stomach cancer. It can also be a common occurrence during pregnancy. If the hard stomach persists for more than a few days or is accompanied by severe pain or other symptoms, it’s important to seek medical attention.Consuming carbonated drinks, like soda, too quickly can cause trapped gas in the stomach, resulting in a hard feeling that dissipates once the gas is expelled. Overeating or eating too quickly can also lead to a hard stomach as the food moves through the digestive system. Difficulty with bowel movements, leading to constipation, can cause a feeling of fullness and bloating, resulting in a hard stomach. Food intolerance, such as lactose intolerance, can also lead to bloating, swelling, and a hard stomach. Identifying and avoiding trigger foods can help alleviate these symptoms. Both IBS and IBD can cause multiple symptoms that contribute to a hard stomach, including bloating, cramping, gas, and abdominal pain. Diverticulitis is inflammation and infection of the digestive tract, leading to bloating and swelling that can make the stomach feel hard. Gastritis, typically caused by a stomach ulcer or bacterial infection, can also result in a hard stomach along with pain and bloating. While stomach cancer is relatively rare, it can cause a hard stomach, particularly when it involves the stomach lining or muscle walls. During pregnancy, a hard-feeling stomach is a common occurrence due to the pressure of the growing uterus. However, if accompanied by severe pain or other concerning symptoms, medical attention should be sought.If a hard stomach persists for more than a few days or is accompanied by severe symptoms like bloody stools, difficulty breathing, severe abdominal pain, nausea and vomiting, unexplained weight loss, or yellowing skin, it is important to seek medical attention. These symptoms could indicate a more serious underlying condition.While a hard stomach can be caused by various factors, most of them are related to digestive issues and can be resolved on their own or with simple treatments. It’s important to pay attention to persistent or worsening symptoms and consult with a healthcare professional for a proper diagnosis and appropriate treatment. Ther term abdominal point tenderness simply means that there is pain in a certain part of the abdomen when pressure is applied to it. In contrast, the term abdominal pain means that pain may be present irrespective of whether there is pressure applied to it or not. Tenderness can accompany pain. However, the pressure on the abdomen like with pressing (palpation) during a physical examination will intensify this pain. Why