

# UGM Academic Hospital Doctor Shares Tips to Prevent Appendicitis

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dr. Nitismara Anugrah Azdy, Sp.B., as UGM Academic Hospital surgeon specialist, said there were many possible causes of Appendicitis. One of them is due to a blockage in the appendix.

"Frequently, there is a blockage in the appendix due to a buildup of feces which irritates inflammation in the appendix," he explained in an Appendicitis talk show, which broadcasted live on IG and Youtube at UGM Hospital on Tuesday (10/11).

Besides, a bacterial infection is highly possible to cause Appendicitis. Furthermore, there was also the germination of parasites that clog the appendix cavity.

A diet that is low in fiber, high consumption in sugar and fat, and lack of drinking are examples of common risk factors for triggering Appendicitis because these patterns can inhibit the digestion of food so that the feces that are produced is dense and can clog the appendix.

Nitismara also described the symptoms of Appendicitis that need to be concerned. The most



characteristic symptom is a sensation of pain in the right side of the lower abdomen. Besides, there is also a sensation of pain around the navel. This pain often moves to the lower right side of the stomach and can cause fever, nausea, and vomiting.

He asked people not to neglect these symptoms. This condition is because an inflamed appendix can burst, and the contents of the blockage containing bacteria can infect all intestinal organs. If we are not responsive to treat this condition immediately, it can be life-threatening.

Nitimara also shared several tips to avoid appendix inflammation. First, maintain a healthy diet by highly consuming foods in fiber. Expectedly, it can prevent constipation.

Next, avoid or reduce the high consumption of foods in sugar and fat since foods high in sugar and fat can cause constipation and increase the risk of infections, including those that cause Appendicitis.

Then, also avoid the consumption of spicy foods because it can irritate the intestines and increase inflammation.

A way to prevent the worse Appendicitis is to consume lots of water, for instance, eight glasses a day. By drinking, lots of water can maximize intestinal work.

As additional point to prevent Appendicitis is to defecate regularly. It is necessary to defecate every day and not hold it for too long. Because if you often do that, it can be possible to increase the risk of buildup and blockage of feces in the appendix.

"Also, don't forget to do exercise," he added.

Author: Ika

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Translator: Natasa A

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