

South Central's Health on Blast

How to Prevent Gallbladder Disease

The gallbladder located under the liver which stores and concentrates bile produced in the liver. Bile aids in the digestion of fat.

Risk factors for gallbladder problems include genetics and gender, with women twice as likely to develop issues.

There are 2 types of gallbladder disease

- Inflammation of the gallbladder-reduction of normal blood flow to areas of the gallbladder, which can lead to cell death due to insufficient oxygen
- Gallstones-a calculus formed in the gallbladder or bile duct

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Prevention

1. Exercise regularly to reduce cholesterol in the blood
2. Eat well balanced meals of fruits, whole grains, low-fat dairy, lean meat
3. Take supplements that may reduce your chances- fiber
4. Avoid high-fat foods like whole-milk dairy products, processed foods, sugary items, fried foods, and red meats
5. Watch out for quick-fix diets- losing weight too fast can trigger gallstone attacks
6. Consider breastfeeding after giving birth
7. Add omega 3s to your diet to prevent cholesterol from forming
8. Avoid alcohol and tobacco