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## Gallbladder referred pain left shoulder

Go to health issues content □ shoulder tends to have a flexible and wide range of motion. Any problem with this place will affect your ability to move the body freely. Even more, it could lead to a lot of discomfort and pain. People can experience shoulder pain after doing some physical activities, having repetitive movements, or playing sports. The condition can also be a sign of many diseases, such as gallbladder issues, cervical spine, or heart and liver disease. Below are 7 common signs and symptoms of shoulder pain that you need to know. 1Sensitl Sensation The most common symptom of shoulder pain is the itchy and dull sensation around the area. You may have pain deep in the socket or around the back of the shoulder. In addition, it tends to become itchy gradually or to be intense at the beginning and subset over time. A possible cause of this condition is the wear and tear of cartilage and tendons on your shoulder. It can also be caused by a rotator cuff tear or an upper labral tear from posterior to anterior tear. In many cases, pain and deep shoulder pain would come from biceps tendinitis or glenohumeral osteoarthritis, which are common conditions in the elderly. [1] Having pain down or near your scapula-the triangular bone that forms the back of your shoulder-can restrict arm movements and interfere with daily activities. This pain can range from being sharp or burning, such as between the spine and scapula, to tenderness or itching throughout the shoulder or upper back. Some possible causes of this pain are discussed below. Upper back pain can be caused by injuries, degenerative changes, and other factors. Watch: Causes of Upper Back Pain Video 1. Poor posture Prolonged sitting with poor posture can cause your spine to undergo structural changes that eventually cause pain under the scapula. Bending your back, tilting your head down, or sitting on one side—while working behind a desk or reading from a mobile phone, for example—can weaken your muscles and put pressure on your spinal discs, muscles, and ligaments. This routine imbalance can contribute to back pain. Refer to Stop to straighten your back ad Lifting weight above your head without proper technique can leave your upper back and shoulders susceptible to injury. If you lift an object that is too heavy or if the object is kept away from the body with the spine unaligned, place undue pressure on the top of your back. Lifting objects generally that are very heavy can strain muscles or sprain ligaments, or possibly injure the joint of the shoulder or spine, which could refer pain down or near the scapula. See Avoid back injury with the correct lifting techniques 3. Excessive use of Painting a ceiling, helping a friend move furniture, or participating in a softball league are all examples of activities that can put your superior behind you shoulders through more work than they are used to doing. Excessive use can lead to muscle strains and ligament sprains, which can cause pain in the upper back, such as between your scapula and spine. Another example is shoulder bursitis, also called scapula syndrome, in which the bursa between the scapula (scapula) and the thoracic spine becomes inflamed and painful by excessive use or injury. 4. Cervical hernia disc A hernia disc in the cervical spine (neck) occurs when the outer layer of a disc (annular fibrous) tears and the inner layer (pulposus core) begins to leak outwards. A disc hernia can cause pain and can cause a nearby nerve root that radiates pain down the shoulder, arm, and/or hand. A disc hernia in the lower cervical spine is more likely to radiate pain in or near the scapula area.1 While less common, it is also possible for a disc hernia in the thoracic spine (upper back) to cause pain near the scapula. See cervical hernia disc symptoms and treatment options 5. Dislocated rib While less common, a rib may burst out of place or become misaligned after repeated strain or reach for an item in general. Sharp pain near your scapula can result from this activity, and can sometimes make it difficult to take a deep breath. Advertising Some heart disease may present as pain in the scapula area. For example, aortic dissection is a serious, life-threatening condition that occurs when the largest artery in the heart gets a tear and can cause severe pain that can move down or near the scapula.2 A heart attack can also present as pain felt in the upper back and/or shoulder, especially in women. 3 7. Compression fracture A compression fracture is when a vertebral bone (usually in your upper back) weakens and compresses, causing back pain that feels better with rest or is sensitive to touch. Compression fractures are usually caused by osteoporosis in older adults. See When back pain is a compression fracture of the spine This list of possible reasons for pain under your scapula is not exhausting, but hopefully it gives you a useful starting point for the journey to relief. Any back or shoulder pain that delays a few weeks or interferes with daily activities should be evaluated by a doctor. If your pain is severe or accompanied by other red flag—such as headache, tingling, weakness or nausea—seek immediate medical attention. Learn more: Diagnosing upper back pain pain relief under your scapula gallbladder is the pear-shaped organ located in your right upper abdomen, just below your chest. True gallbladder pain is more likely to occur several hours after you have eaten a heavy meal and in the evening or at night, waking you from sleep. It can move (radiates) to your right scapula. Your. pain from gas, gallbladder pain is usually not relieved by changing position, burping, or passing gas. Heartburn is not a symptom of gallbladder problems, although a person may feel nauseous and vomiting. Given the location of the gallbladder, what seems like gallbladder pain can actually be pain-related issues other than gallbladder disease, such as those related to your heart, muscles and other organs within your digestive system. This is why it is important to have your pain evaluated by a medical professional. Illustration by Alexandra Gordon, Verywell The following health problems are all possible sources of gallbladder pain: The most common cause of gallbladder pain is gallstones, which are hard particles formed due to either an imbalance of the substances that make up the bile (the fluid that the gallbladder clears to help digest food) or the gallbladder is not emptied as it should be. These particles can be quite small or grow to the size of a golf ball. Usually, the formation of gallstones occurs very slowly. A person can develop a large stone, multiple small stones, or a mixture of both. It is perfectly possible to have gallstones and have no symptoms. Such stones are considered benign because they do not interfere with the functioning of your digestive system. Pain occurs, however, when a gallstones block one of the ducts in the bile duct-the part of your body that contains your gallbladder and your bile ducts. Pain can ease when the gallstones move and the bile duct is no longer blocked. Serious complications can result from having gallstones. The gallbladder, common bile duct, or pancreas can become inflamed and infected, posing a great risk to your health. Rarely, gangrene or rupture of the gallbladder or obstruction of the intestine by gallstones can occur. In addition to gallstones, bile sludge (thickened bile salts) can also form in the gallbladder. This mud prevents healthy bile discharge from the gallbladder, possibly causing the exact same symptoms and complications as gallstones. Inflammation of the gallbladder (called cholecystitis) most often develops as a result of gallstones (called acute cholecystitis). Less often, cholecystitis develops without gallstones (called alkly cholecystitis). Acute cholecystitis When a gallstones gets stuck inside the gallbladder, inflammation occurs, causing abdominal pain (called bile colic) along with nausea, vomiting, fever, and loss of appetite. Bile colic describes a dull, cramping pain upper, right part of the abdomen. Acalculous Cholecystitis Calcium cholecystitis causes the same symptoms as acute cholecystitis, although a gallstones are not the culprit. While the exact cause is not clear, experts suspect poor bile and blood flow within the gallbladder can cause this condition to develop. Alysinkos Alysinkos is mostly observed in people who are seriously ill, such as those with mechanical ventilation or those with a significant infection or severe burn damage. Acute choleitis occurs from an infection in the common bile duct, often as a result of obstruction of gallstone, or sometimes from a narrowing of the gallbladder, bile duct, pancreas, or duodenum (first part of the small intestine). Symptoms of acute cholangitis may include upper, right side abdominal pain, fever, and jaundice. In more severe cases, a person may also develop low blood pressure and confusion. Rarely, your gallbladder can break or burst open as a result of inflammation of the gallbladder (cholecystitis). Even more rarely, an injury such as a car accident or sports contact injury can lead to a rupture of the gallbladder, causing sudden and severe, severe pain in the upper right part of your abdomen. Bile dyskinesia is a gallbladder mobility syndrome that occurs when your sphincter oddi-a muscle valve that controls bile flow-does not work properly. Due to improper bile drainage, gallbladder pain and other symptoms, such as nausea and vomiting, can lead. Functional gallbladder disease, sometimes referred to as chronic calcareous gallbladder dysfunction, is the technical name for gallbladder disease without the presence of gallstones or sphincter of Oddi dysfunction. Symptoms may appear suddenly or appear chronic. Gallbladder cancer is very rare and is often not diagnosed until it is advanced enough. In addition to gallbladder pain, a person with gallbladder cancer may be jaundice and experience nausea, vomiting, and weight loss. If you are experiencing gallbladder pain, you should tell your doctor as soon as possible, even if your symptoms are gone. Your doctor will want to make sure that you are not experiencing a problem that will put you at risk for a more serious illness in the future. You should get immediate medical attention, if you experience any of the following symptoms: Severe, severe pain that prevents you from getting comfortablePine that increases when you take a breathPain that lasts for more than five hoursPolytonic or yellow around the white of your eyes (called jaundice) Fever and chillsAnalyzed vomiting beatDark or tea-colored urineLight stools Getting to the bottom of your gallbladder pain involves medical history , physical examinations, blood tests and imaging tests. When you see your doctor about gallbladder pain, he will ask you several questions about discomfort For example, it will ask you to locate as best you can exactly where you feel the pain in your abdomen. Your doctor may also ask if your gallbladder pain occurs with eating fatty meals or if you have any other symptoms such as fever, nausea, or vomiting. During your physical examination, your doctor focus on your abdomen, especially the right upper part where your gallbladder is located. In addition to examining the area for skin changes, swelling, tenderness, and guarding (tensing of the abdominal wall), he will probably perform a technique called Murphy's mark. During this maneuver, your doctor will have taken a deep breath while pressing your gallbladder to see if there is pain. If so, this indicates an inflammation of the gallbladder. When assessing gallbladder pain, a full blood count (CBC) and a level of bilirubin will be ordered. To confirm that your pain is the result of a gallbladder disease, your doctor will want to visualize your gallbladder. The first test, and sometimes the only test required, is an ultrasound. Depending on possible diagnoses, your doctor may also order the following imaging tests: Hepatocholic aminodioxiac acid (HIDA) scanSymptosis tomography (CT) scanAnganotic echo cholangiopancreatography (MRCP) While it is reasonable to believe that pain in the right upper abdomen is related to the gallbladder, keep in mind that the liver is also located in this area. Therefore, liver disease, such as hepatitis, can be what really causes your supposed gallbladder pain. Even more, pain in the middle upper abdomen (called epigastric pain) can be confused with gallbladder pain. There are many causes of epigastractive pain, such as: The treatment of gallbladder pain depends on the exact cause. For people with asymptomatic gallstones, a clock and waiting approach is taken, meaning surgery to remove their gallbladder is done only if and when their gallstones begin to cause symptoms. Medications are rarely used to treat gallstones, but your doctor may recommend a drug such as a non-steroidal anti-inflammatory (NSAID) to ease your gallbladder pain. Antibiotics can be administered if a person develops a gallbladder or bile duct infection, which is a complication of gallstones disease. There are two surgical ways to remove the gallbladder: Open cholecystectomy: The gallbladder is removed through a large cut in the abdomen. Laparoscopic cholecystectomy: The surgeon uses long, thin organs to remove the gallbladder through a much smaller cut on the abdomen. An endoscopic retrograde cholangiopanoa type (ERCP) is a procedure performed by a gastroenterologist, most often to relieve a clogged bile duct. Focusing on a healthy lifestyle is your best chance to prevent gallstones and, therefore, gallbladder pain. keep in mind, these strategies do more than keep your gallbladder healthy-they also keep your heart healthy: Visit your primary care doctor for periodic check-ups. Exercise daily. Eat a healthy diet rich in vegetables, fruits, low-fat dairy products, whole grains, legumes, and spices. Keep your weight low, but try to avoid rapid weight loss. Avoid foods with a high content of fat and cholesterol. If you are on a cholesterol medication or hormone replacement therapy, talk to your doctor to find out if these drugs have increased the risk for developing gallstones. While gaining knowledge about your gallbladder pain is a good preventive step, be sure to get checked out by a doctor. A thorough evaluation and immediate treatment of your pain is the best way to prevent complications and get back to feeling your best. Best.

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