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Gastritis and Gastropathy

Gastritis and gastropathy are conditions that affect the stomach lining, also known as the mucosa. In **gastritis**, the stomach lining is inflamed. In **gastropathy**, the stomach lining is damaged, but little or no inflammation is present.

The majority of people with gastritis or gastropathy don't have any symptoms. In some cases, gastritis and gastropathy cause symptoms of indigestion or of bleeding in the stomach. *Helicobacter pylori* infection is the most common cause of gastritis.

Your doctor may order an upper GI endoscopy with biopsies or other tests to diagnose gastritis or gastropathy, find the cause, and check for complications. Other tests may include blood, stool, and breath tests and an upper GI series.

Your doctor will recommend treatments based on the type of gastritis or gastropathy you have and its cause. Treating gastritis and gastropathy can improve symptoms, if present, and lower your chance of complications.

Researchers have not found that eating, diet, and nutrition play an important role in causing the majority of cases of gastritis or gastropathy. *H. pylori* gastritis can cause problems absorbing iron from food, and autoimmune gastritis can cause problems absorbing iron and vitamin B12 from food.

To access further information, visit the National Institute of Diabetes and Digestive and Kidney Diseases: [NIDDK website](https://www.niddk.nih.gov).

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