

My name is Amal Khudhair, I'm 19 years old Two years ago, at the end of 2019 Symptoms of my illness started that I often ignored Symptoms: Abdominal pain that lasts for several days Constant vomiting – Anorexia – Inability to sleep well One day, I went to a very small clinic, the doctor greeted me with a smile, tell me to sit down and tell him all the things I feel, after I told him everything that happened and my symptoms too, he also told me never to worry and to stop being sad because he would find out the cause of the pain tonight and he would pay attention to the pain spots during our conversation. A clinical examination was also performed, A clinical examination was also performed, and he told me that a gastroscopy should be done because the tests are not useful and the increase in antibiotics in the body is harmful, He told me never to be afraid and that it would only take 5 minutes to make the endoscope. I was directed to a room to start with the endoscope, The nurse gave me instructions. –not to move – Lie on your side – With the possibility of vomiting After the endoscopy, doctor told me my problem is drawn so that I can understand it better, tell me the diagnosis, Stomach ulcers and inflammation “Brow hernia.” I was told that I will be treated with medication and guide me with some instructions that I must adhere to until the pain is completely gone. –Replacing large meals with a larger number of small meals. – Reducing the intake of foods that cause heartburn such as onions, tomatoes, spicy foods, fatty foods, .and sour fruits. –Reducing psychological stress. I thanked my doctor and left the clinic