

# AUGUST 2024

## Is Gastroparesis Awareness Month

Gastroparesis is a condition that affects the muscles of the stomach, preventing proper stomach emptying. It can cause indigestion, pain, bloating, heartburn and blood sugar fluctuations. Nearly 1 in 3 people who have diabetes develop gastroparesis, but it can also arise following surgery, the use of certain medications or in association with another illness.

August is Gastroparesis Awareness Month. You can help prevent or manage gastroparesis with healthy eating choices, such as eating small, nutritious meals and staying hydrated. Use this month as a reminder to take an active role in your health.

For more information, visit the International Foundation for Gastrointestinal Disorders at [www.AboutGastroparesis.org](http://www.AboutGastroparesis.org).