Gallstones: Introduction

Gallstones are crystalline forms of solid mass occurring inside your gallbladder. The gallbladder is a small organ that helps in fat digestion and condenses bile produced by your liver.

Gallstones are pebble-like formations that can result due to concretion of liquids in your gallbladder such as bile that is comprised of excessive amounts of bilirubin, cholesterol or decreased bile salts.

What are the Gallstones Symptoms?

Some people remain asymptomatic with no symptoms or signs of gallstones. The existence of gallstones often comes to light following a medical procedures involving abdominal scans or surgery.

Gender, age, speedy weight loss, certain medications, diabetes and fasting are the other factors which can cause gallstones.

Some of the common symptoms for gallstones:

There may be intense pain in the top right or top middle portion of your abdomen;

- Such pain maybe persistent
- It can be felt as a dull, sharp pain or induce cramping
- The pain may radiate to portions of your back or below the shoulder blade on the right side

Sometimes a lump of gallstone may block either the common cystic or bile duct. This can bring on abrupt painful cramping in the upper right or mid-area of your abdomen, a condition known as biliary colic.

The pain then subsides gradually as the stone passes to the first section of the small intestine (duodenum).

Gallstone attacks often occur after taking meals rich in fat that may happen during the night.

**Other gallstones signs and symptoms include:**

- Bloating of the abdomen
- Repeated fatty foods intolerance
- Indigestion
- Gas
- Belching
- Biliary colic

Severe gallstones symptoms may lead to complications that can make you experience low grade fever, jaundice infection, clay colored stools, chills, sweating, nausea and vomiting. If you experience any of these symptoms of gallstones, consult with your doctor right away.