

## Diet the Key to Prevent Gallstone

Gallstone is fairly common in any population around the world with an incidence rate of 3% to 20%. However, 80% of the people with gallstone hardly show any symptoms.

Gallstones are formed by the crystallization of cholesterol and other bile components. People who have low metabolic rate and lack exercise develop gallstones more easily. Middle aged, obese women are a typical high-risk group, with an incidence rate two to four times higher than men.

Abdominal pain is the major symptom triggered by gallstone, but is often mistaken as stomach-ache. Abdominal pain caused by gallstone usually occurs 30 to 60 minutes after diet and can last for a few hours. Such pain can stretch to the right blade bone and shoulder. Fever, bacterial infection, septicemia, acute cholecystitis, bile duct perforation and pancreatitis may occur in serious cases.

In most cases gallstones can be removed by laparoscopic operation. Up to four tiny incisions will be made on the abdomen, through which the gall bladder will be removed by the laparoscope.

A diet free from high-fat food is the key to prevent gallstone. Other preventive measures include keeping away from smoking and excessive alcohol, as well as drinking enough water, ideally over 1.5 litres a day. Body exercise also increases metabolic rate and thus help to prevent gallstone.