

How Do You Treat Loss Of Appetite

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1. Introduction

A decreased appetite occurs when you have a reduced desire to eat. It may also be known as a poor appetite or loss of appetite. The medical term for this is anorexia , is an eating disorder characterized by abnormal weight loss, excessive fear of gaining weight and a distorted perception of body weight.

2. Causes

- Loss of appetite can be caused by bacterial, viral, fungal, or other infections at any location.
- Various psychological causes , sad , grieving , stress , anxious .
- medical conditions such as hepatitis , HIV , heart failure , kidney failure , hypothyroidism. .
- some medications such as morphine .codeine and certain antibiotics .
- Eating disorders, such as anorexia nervosa .

3. Symptoms

- Insomnia .
- Drought .
- Stomachache .
- Blood in their stools .
- Yellowing of the skin .
- Weight loss.
- Heartburn .
- Tooth color change



4. Treatment

- **Home care** : If loss of appetite is due to a medical condition such as cancer or chronic illness, it can be difficult to stimulate your appetite so taking pleasure from food by eating with family and friends .
- **Light exercise** : may also help increase appetite, To ensure you're getting enough nutrients from food, meals should be high in calories and protein.
- If your decreased appetite has resulted in malnutrition, you may be given nutrients through an intravenous line.

5. Summary

There are many medical reasons that lead to loss of appetite, some of them are temporary, such as a side effect of some medications, and some are due to a health problem and sometimes loss of appetite is associated with anorexia nervosa and other times It is associated with a change in the sense of taste.

7. References

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