Causes of Non-Ulcer Dyspepsia

There are a number of things that could cause the symptoms of indigestion.

For some, certain actions can cause feelings of indigestion, such as:

- Eating too fast.
- Eating too much in one sitting.
- Eating high-fat, greasy or spicy foods.
- Smoking.
- Drinking alcohol.
- Consuming too much caffeine.
- Taking some drugs.
- Experiencing stress.

If your indigestion lasts for more than two weeks, or you are having symptoms like bleeding, weight loss or trouble swallowing along with your indigestion, call your doctor as soon as possible, as it could be a sign of a more serious health problem.

Other causes of indigestion (non-ulcer dyspepsia) could be:

- Gastroesophageal reflux disease (GERD).
- Peptic ulcer disease.
- Problems of the pancreas or bile ducts.
- Gallstones.
- Gastritis.
- Cancer.
For some, indigestion may continue, but no direct cause can be found. This is called functional dyspepsia and could be linked to your stomach muscle not working as it should to move food to the small intestine. If this is the case, work with your doctor to figure out some life changes that could help your symptoms.

Dyspepsia – What to Know:

- Dyspepsia, or indigestion, can have many symptoms.
- Dyspepsia, or indigestion, is not the same thing as heartburn.
- Certain lifestyle actions, like how and what you eat, can cause dyspepsia.
- Sometimes, dyspepsia is caused by a different health issue.
- You can often treat dyspepsia through changes in how you eat and live or with medication.