



Functional Dyspepsia

What Is Functional Dyspepsia?

Functional dyspepsia is a common digestive condition that causes upper abdominal discomfort without a visible structural problem on testing (such as endoscopy). In other words, symptoms are real, but routine tests often appear normal.

It is considered a disorder of gut–brain interaction, meaning the stomach and nervous system are not communicating normally.

Common Symptoms

- Upper abdominal pain or burning
- Fullness after eating small amounts (early satiety)
- Bloating or pressure in the upper abdomen
- Nausea
- Belching
- Loss of appetite

Symptoms may be ongoing or intermittent and can vary in intensity.

What Causes Functional Dyspepsia?

There is no single cause, but contributing factors may include:

- Increased stomach sensitivity to normal digestion
- Delayed stomach emptying
- Abnormal stomach muscle function
- Stress, anxiety, or depression
- Prior stomach infection
- Altered gut–brain signaling

Functional dyspepsia is not caused by ulcers, cancer, or inflammation, and it does not increase cancer risk.

How Is It Diagnosed?

Diagnosis is based on:

- Your symptoms and medical history

- Normal results from testing (such as endoscopy or imaging, if performed)
- Excluding other conditions such as ulcers, reflux disease, or gallbladder problems

Your provider may test for *H. pylori*, a stomach bacteria that can worsen symptoms.

Treatment Options

There is no single cure, but many treatments help control symptoms.

Medications

Your provider may recommend:

- Acid-reducing medications
- Medications that improve stomach emptying
- Low-dose neuromodulators to calm gut nerve sensitivity
- Anti-nausea medications

Diet and Eating Habits

Helpful strategies include:

- Eating smaller, more frequent meals
- Avoiding large, fatty, or spicy meals
- Limiting caffeine, alcohol, and carbonated drinks
- Eating slowly and chewing thoroughly

Lifestyle Strategies

- Stress management (mindfulness, relaxation techniques)
- Regular physical activity
- Adequate sleep

When to Contact Your Provider

Seek medical care if you experience:

- Unintentional weight loss
- Persistent vomiting
- Difficulty swallowing
- Black or bloody stools
- Anemia or severe fatigue
- Symptoms that worsen or change suddenly

These are **not typical** of functional dyspepsia and need further evaluation.