

Mayo Clinic Minute: What are gallstones?

VIDEO	AUDIO
	You experience sudden, intense pain in your abdomen or back pain between your shoulder blades — maybe even nausea or vomiting. You could have gallstones.
02:11 Irving Jorge, M.D. Acute Care Surgery Mayo Clinic	"Typically, symptoms of gallbladder-related pain is pain associated with meals, usually after you eat meals with fatty foods."
	Mayo Clinic's Dr. Irving Jorge says there are several reasons why your gallbladder can form gallstones. The most common cause is what you eat. A diet high in fiber and low in cholesterol and fat will reduce your risk.
01:38 Dr. Jorge	"Native Americans and Hispanic populations have a higher risk of developing gallstones and so do women. And as we get older, we're at higher risk of developing gallstones."
	Dr. Jorge says, once you have gallstones, they won't go away on their own. Recommended treatment is surgery to remove your gallbladder.
03:20 Dr. Jorge	"It's an organ that people can live without and not have any long-term consequences from."
Dr. Jorge 04:25	"We take out the gallbladder not just because it has stones, but it's because it's where most stones are formed. But there is a small percentage of patients that can develop stones within the bile ducts themselves."
	For the Mayo Clinic News Network, I'm Jason Howland.