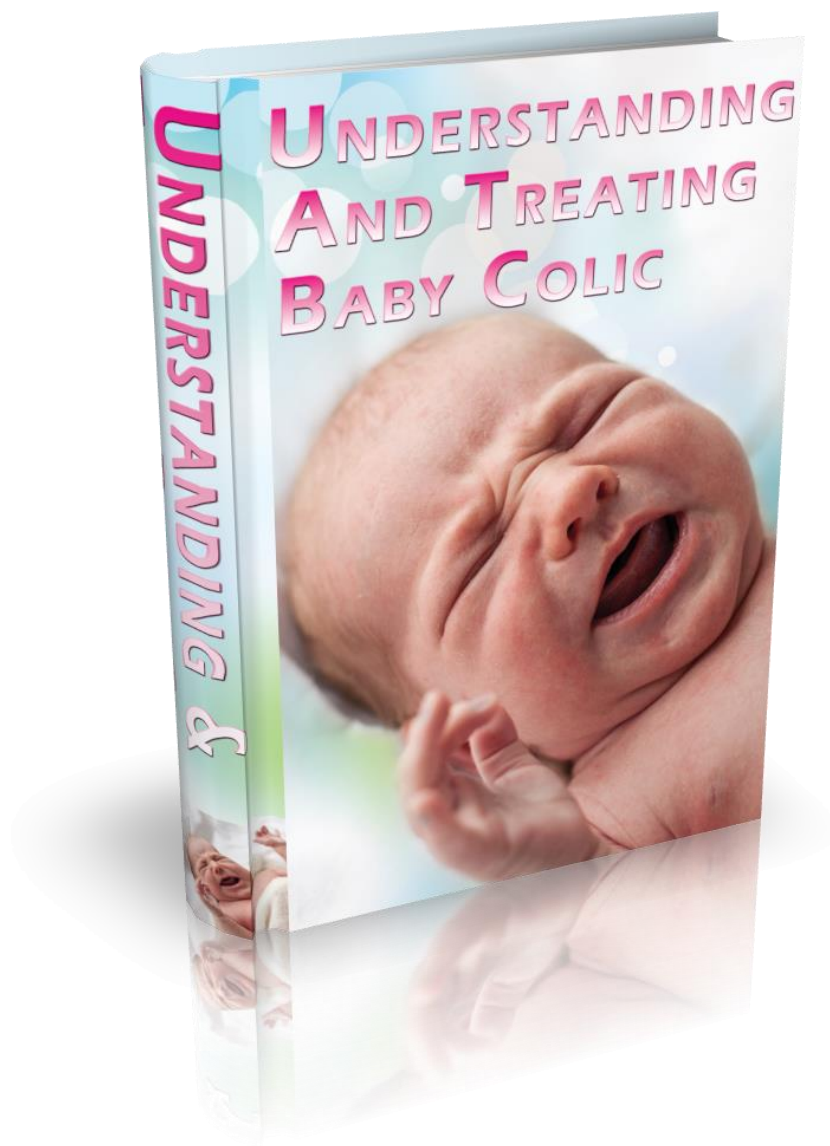


UNDERSTANDING AND TREATING BABY COLIC

Special Report



Catherine Davis

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Colic as a Common Ailment in Infants



Although colic is prevalent among babies, when it actually happens and a baby screams and cries without stopping, a new mom can be devastated. It occurs when the infant is about 2 or 3 weeks old and reaches its height at 2 months and comes down at about 3 or 4 months when it actually stops.

The child is not in danger because of colic, but an episode can occur almost every day, and parents learn to deal with it and handle it well. Doctors and researchers are unable to come to a conclusion as to what actually causes it.

Colic usually occurs after food and as a result of a severe pain in the stomach, the child cries non-stop for hours. A typical attack can last from 1 – 4 hours. The baby becomes flushed from the exertion, and it is extremely hard on the parents to watch their tiny infant suffer so much.

While there is an episode of colic, the baby's stomach becomes distended, and the hands and feet become clammy and their fists are clenched. The episodes happen later in the afternoon or in the evening usually after food. Colic does not affect all babies and researchers tend to feel that it is through genetics – if either or both parents has had colic, it may pass on to their children.

Certain Factors That Can Worsen the Situation

The child should never be overfed. You will need to know the difference between hunger and colic before he is fed again.



There are foods high in sugar or juice that has not been diluted that can produce gas and worsen the problem.

There may be an allergy in the intestines, so a mother

will need to discover what her child is allergic to. It could also be something that the mother has eaten that reaches the baby through milk while breast feeding.

Emotions like anger, stress and fear should be eliminated as this will reflect on the baby and cause him pain.

The main thing is to keep calm and find out as much as you can about colic. There could be other factors that make a baby cry – you will need to weed them out one by one before you conclude that it is colic. As the cause is unknown, there is no real cure, but the only way to handle colic is to be as calm as possible, keep the child comfortable, soothe him with music if necessary and wrap him up warmly so that he feels a sense of warmth and comfort and this will help with his pain.

Distinguishing the Signs of Colic



Colic is a common condition in many newborn babies wherein the babies cry for long periods of time (3-5 hours without stopping, more than 3 times a week for over a month) and frequently; while it can be frustrating for parents of newborns to deal with this type of behavior, it is equally exhausting for the baby itself.

First and foremost parents and caregivers of newborn babies that cry need to distinguish the reasons for the baby crying and establishing whether it is crying due to colic pain, which can be simple or severe. Secondly, they need to understand that colic is common and is not a disorder – although there is no absolute cure for colic, there are various techniques that have proven effective in calming crying infants and giving parents of newborns the rest they need.

An infant may cry due to hunger, sleeplessness or clothes being too tight even; first, find out why the child is crying.

- Check for signs of irritability and redness to the cheeks due to excessive crying for more than 3 hours daily with the legs folding up to the abdomen, since colic is stomach pain and discomfort essentially and these are common signs of colic episodes.
- Difficulty passing stools.
- Some babies with severe colic may thrash about as muscles spasms occur or there may be a distention in the intestines.
- If occurring within 2-3 weeks of the child's birth, the severe abdominal pain accompanied by excessive crying is known as colic; it occurs recurrently in spasms and stomach pain is frequent with the baby becoming hypertonic and showing alternating body postures. These may involve contractions, sudden stretching of limbs or even stiffening in a spastic posture while turning red due to the crying and parents need to be alert about these signs of colic.
- At times, signs that are indications of colic, if persistent, may be symptoms of a more serious digestive tract problem, so observant parents can convey these signs to the doctor for expert advice if all home remedies fail.

Scientific research has given us many possible theories as to why colic occurs: from an immature digestive system that an infant has that is not used to processing food outside mother's womb to environmental factors like lactose intolerance to powder or cow's milk or nursing mother consuming allergen/chemical containing food products not suited to baby's sensitive digestive tract to even insufficient burping or gas build-up due to eating cruciferous foods or caffeine products by mother.

However, it is certain that colic is uncomfortable for both child and caregivers and therefore adequate steps to rule out these sources of colic in the infants to bring down the statistics of 1 in every 10 infants suffering it; burp babies sufficiently during and after meals, rock or walk with the baby to soothe it, play soothing music to calm the baby or give it a pacifier. Even a warm castor oil massage on the tummy or rubbing the baby's tummy and back to stimulate bowel movement and reduce bloating will give comfort to the colicky baby. This is because all these steps help baby to pass gas and stool, which is the best way to give relief from stomach pain due to colic.

Colic in Newborns



Colic in newborns is a common condition that perhaps alarms many new parents as they do not have knowledge about how to deal with it and that it is a natural occurrence.

While handling a baby has its own set of responsibilities, looking after a colicky infant is that much more demanding as the baby's frequent and

incessant crying (sometimes as long as 3-5 hours, thrice weekly up to a few months of age) with reddened cheeks and flailing limbs may terrify parents into thinking it a disorder. This is not true; newborn colic is a common condition that many babies suffer from, but in order to give it relief, there are some measures caregivers can take to ensure baby and parents both get the rest they need.

There are many medical theories around what causes colic, the popular ones being the baby having an immature digestive system that cannot handle the processing of food outside the mother's womb, the intake of gas-producing food products by the lactating mother that transfers the problem to the infant, a baby ingesting air during breastfeeding, overfeeding, drinking too fast that causes stomach pain and not being burped at intervals.

Colic can be simple and treated with home remedies or severe and require doctor's intervention through homeopathic or herbal cures that are side-effective free and suitable for infants. However, the important thing for parents to understand is that newborn colic is not something to get scared about and it will eventually disappear after a few months (usually by the time the baby is 4months old or latest, by 8months of age).

Parents of newborn infants who cry incessantly and frequently should first take care to rule out other reasons for the baby crying so much and screaming and look for specific colic symptoms (red cheeks from too much crying, trashing arms and legs, legs curling to the abdomen etc.) to take the next step for giving baby relief.

There are a host of simple and effective home remedies for caring for a newborn with colic pains, such as holding the baby upright and crooning to it while rubbing its back, rocking it in the parent's arms (parents can take turns to do this), giving it a pacifier or burping it to release some of the gas.

Slowly and gently massaging the baby's tummy with circular motions after ensuring adequate burping is carried out between breast-feeding sessions will ensure no gas-build-up occurs in the baby's tummy and the baby sleeps well.

Playing soothing music and administering Simethicone drops, an accepted treatment for colicky crying and checking for any lactose intolerance or allergen triggers in the lactating mother's diet are other steps parents of newborns can take to prevent colic from playing havoc with a child's comfort.

Colic in Babies

Colic Characterized By Pain in the Stomach



Colic in babies is not a serious ailment, but when confronted with it by new parents who have not had the experience; it is considered by them as devastating mainly because of the severe bouts of crying non-stop for hours. It can be nerve racking and a parent will go all out to help their child overcome it.

Researchers have not been able to discover what causes colic. They feel it could be an allergy or something that is in the genes. Since there is no cause, there is no cure, but parents who have gone through colic episodes know that it can cause untold suffering to both the baby and the parents.

Colic Symptoms Displayed By Babies

Babies get into frenzy when they have colic and start screaming so loudly, clenching their fists and this can go on for hours. A new parent is devastated to say the least – there is a feeling of utter hopelessness and inadequacy especially if the episode lasts the whole day.

The child gets fussy and irritable. Panic sets in for the new parent, as no amount of comfort seems to help.

Colic usually comes at 3 weeks – in premature babies the onset is about 2 months. Usually, the peak episodes are at 2 months, and it declines in the 3rd month and stops in the 4th month.

Researchers are unable to pinpoint the cause of colic in babies. It could happen to a baby who is otherwise healthy. Some feel that it could be through the genes and parents who have had it as infants could pass it on to their child.

There are signs that occur like crying frequently - it could happen over and over again during the day. Sometimes it could be after a meal and it could take place several times a day making the child restless and angry.

Parents should carefully monitor the baby after a crying bout. The crying will probably cease after the infant has passed gas or had a bowel movement. Till then the child will experience restlessness, and the pain in the abdomen is so intense that the child will bring its legs up to its chest, and clench its fists. Also the muscles around the stomach area are hard to the touch. The baby will also move its arms and legs wildly, and become red in the face through the sheer exertion of getting rid of the pain. The only thing that parents can do is to keep the baby as comfortable as possible, soothe him with music, hold him close and provide all the love and care possible.

What Is Baby Colic?



Typically, baby colic is a condition that affects a small baby, only a few months old usually – but it disappears almost within a couple of weeks for lucky babies (and parents, who lose out on sleep!) However, there are instances of colicky babies remaining that way till 8 months of age; this is the case mostly with bottle-fed kids but may happen to

breast-fed babies, too.

Evening time is most likely to bring on a colicky spell in babies that have a tendency towards the condition.

There are many theories about why babies cry this way and different medical experts have their own take on the reasons underlying baby colic: but they are mostly in agreement over parents needing to take it easy with baby colic only being a short term complaint, not a disorder as such, which many misconstrue it as being.

The most definite way to establish the existence of colic complaint in a baby is to rule out all other reasons for crying such as hunger, sleep or tiredness; for example, if the infant cries more than thrice a week for the same amount of hours every time and for 3 weeks a month, it is most certainly colic.

The most accepted theory of what causes colic in newborn infants is based on the immature digestive system babies have that is still to get adapted to receiving and processing a different food intake – it is most probably their under-developed gastrointestinal system with muscles still learning proper rhythm for processing food effectively through the digestive tract that causes frequent stomach upsets and makes them cry due to the discomfort.

Another medical theory relates infant colic to the lactating mother who may be consuming foods that contain unsafe chemicals that trigger off allergies and digestive tract problems in the baby, resulting in colicky episodes. These food elements that may be responsible for causing bloating, gas etc are typically varieties of cruciferous vegetables and other gas-producing products that are passed on to the infant through breast-milk; besides, babies often swallow air when they are being nursed or even when they cry, which further adds to the problem.

Most doctors are unanimous in their explanation that baby colic is a condition that requires little patience and a lot of caring to subside and to allow nature to take its course is the best treatment because as such it cannot be medically treated. Mothers and caregivers looking after the colicky baby can seat it in a comfortable position, rock the baby and generally try out use of pacifiers and other distracting playthings to calm the baby when it cries or screams due to colic discomfort.

Some mums claim that holding the infant upright will reduce the discomfort while others swear by safe homeopathic remedies that have no side-effects and are allergen-free to serve as a cure for most colic symptoms – so give it a try!

Colic Symptoms in Babies



We try and understand the reasons behind baby colic and state ways to determine whether an infant has the complaint through studying various symptoms associated with the condition.

All famous baby books on child rearing and looking after babies have mentioned the condition called baby

colic and new parents or soon to be parents need to mentally prepare themselves with accurate information regarding this and other infant-issues to stay atop the problem.

Most colicky babies begin feeling the pain as early as in 2-3 weeks of birth with most colic episodes reaching their peak when the baby reaches 2 months of age; thereafter, usually the symptoms die down and slowly fade away in another couple of months.

Medical health professionals have several theories revolving around what causes colic but are yet to prove any chief source of it, though lactating mothers consuming gas-producing products (cruciferous veggies etc.) and allergen-containing food that is passed on to a breast fed child and an under-developed gastrointestinal system with muscles unable to function properly for processing food in an infant are the two main causes.

Other causes that are medically recognized as reasons for causing, worsening or influencing colic episodes are lactose intolerance or intolerance to cow's milk or powdered milk, hormonal changes in the infant's body and the mother's anxiety (post-partum depression) or even over-feeding.

Non-stop crying up to 3 hours (some bad cases have babies yelling their heads off for nearly 5 hours at a stretch), 3 times a week for a month or more indicates a colicky baby. For new parents not aware of colic being a normal condition for many babies, the crying and screaming can get too much and they fear something seriously wrong with their baby, which is when they need to rule out any other reasons for crying –to establish colic for sure.

Colic usually occurs in the evening and some infants have a specific time of the day when they will experience colic pain, typically after a meal, so parents need to be alert to these kinds of episodes and wait again to see if it will recur. Many a time it can be due to gas in the stomach that makes a baby cry for long till it is released (usually by

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rubbing on the tummy or holding the baby upright and burping the infant). Most babies that have this problem will find relief on passing bowels and releasing the gas towards the end of the job!

Look out for the way your baby holds its hands and legs, if checking for colic: if they pull in their legs towards the abdomen in a squeezing motion and clench fists or trash around due to severe abdominal pain, it is usually colic. When accompanied by loud and continuous crying, which has many new parents thinking the baby may be hungry, it usually points to a case of colic.

Parents are advised not to panic and to take turns in holding the baby upright till the pain subsides as colic does not have any treatment as such, so has to be waited out; cheeks may turn red from frequent crying and it may take a while to calm the child, but parents need to have their wits about them in dealing with a colicky child.

Dealing With a Colicky Infant



Firstly, parents need to be aware that colic is not a disorder and now comes the bad news – there is no treatment for it; you have to simply let nature take its course when dealing with a colicky child as the condition usually fades away after the 4th month of a baby crying this way or at the most, 8 months. Very few colicky infants cry till they are a year old and it can be due to other reasons.

To deal with colic, you must first rule out any other reasons for the baby crying, such as hunger, thirst, tight clothing or being hurt somewhere and look for symptoms of colic as given above. Many babies simply yell their lungs out due to the discomfort of colic in the stomach but others with a severe case of colic may trash about and fidget a lot, which can make parents anxious. However, the important thing for new parents with a

colicky infant to do is stay calm so they can identify the signs of colic and then work to calm down the child too.

Doctors are divided in their opinion as to the reason behind colic occurring: some say it is due to an immature digestive tract and muscles that an infant has which is not accustomed to processing food and so causes it pain and severe discomfort, others feel it is due to indiscriminate food intake of allergen-triggering or gas-producing food such as cruciferous veggies by a lactating mother that transfers the bloating and subsequent stomach upset tendency to the infant. Still other medical experts attribute colic to lactose intolerance or intolerance to cow's milk or powder milk, which many bottle-fed babies are raised on that causes colic.

Many a time, colic episodes may occur right after meals and are typical for big, active babies who are hearty eaters; it is easy to spot the symptoms in such infants as they occur at a specific time of day, usually evening.

Colic can be aggravated due to over-feeding and frequent feeding of food stuff that babies may not find easily digestible due to their immature digestive tract and sensitive stomachs; before attending to a crying child with more food, parents must establish whether it is a colic attack. Also, parents with the help of a medical expert need to determine if the baby is allergic to certain kinds of food and then remove these from the infant's diet as well as any milk feeds the baby may be receiving.

Gas producing foods such as coffee, cabbage, beans, onions, broccoli and certain juices that may trigger off colic episodes should be avoided by lactating mothers so the infant does not suffer colic episodes or juices may be diluted with water to reduce their effect.

Anxiety felt by new mothers can transfer itself to the infant and post-partum depression, experienced by many new mothers has been attributed to causing colic too; therefore, parents should work to avoid letting the baby feel any tension and ensure a calm atmosphere around the house.

Passing of bowels that release gas in the stomach, holding the infant upright, walking with the baby and playing soothing music are sure ways to reduce the colic episode and calm the baby – try them!

Colic in Babies - Babies Prone To Colic

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The Reasons That Babies Cry



Taking care of a baby is not easy because it is a task that needs to be fulfilled from its birth till it becomes an adult.

There are innumerable reasons why a baby cries – it happens when the infant is hungry or irritable, but if the child cries for a

length of time, you can surmise that he has colic.

Colic is when a baby cries non-stop for more than 3 hours and this can be considered normal till the infant is 4 months old.

Those parents who do not know or haven't read about colic will be in a state of panic, and it is necessary to let them know that this will pass after a few months.

Colic cannot be pinned down to any particular reason, so it is more important to get to the problem and relieve the child.

Parents may have sleepless nights because the child is restless and cries non-stop. The child will not keep quiet as it does not understand, so the parents may have to carry the infant.

The baby may need its feed, and the mother needs to see that the child is burped as this could be a reason for colic.

Helping Your Baby with Relief

A good idea would be to take the baby for a ride in a stroller and soothe him with a pacifier.

Another method would be to give him a warm bath – this could relieve tension the same way that it does for an adult. – you will need to make sure that the water is not hot.

Just as grown-ups get edgy by noise, babies also like a calm atmosphere, so soothing music can be played in case he gets up with a start.

Sometimes the mother's food could contain gas and this is passed on to the child through breast milk – you should talk to your doctor who will give you a diet – if this doesn't help, you could try Simethicone drops.

A monitor placed in the room could also help, and parents could alternate with taking care of the baby.

The biological clock of the infant is not like an adult's, so you will need to cope as best as you can, and remember that colic is normal in babies – it is not a disease and will soon go away.

Baby Colic – How to Comfort The Infant In Pain

When a child is born the colon can begin to react to certain enzymes in the system and cause a lot of pain to the infant. Now this reaction can start within a matter of hours or even days and last until the baby is about 8 months old.

Baby colic is a painful condition and parents are helpless when it does attack. During a colic attack an infant will cry incessantly and even scream at times with the pain. Doctors are not certain what causes colic pains and are unsure of how to treat it. Thankfully the colic attacks are not long lasting and too frequent.

Medical experts have studied the condition and are able to pinpoint the causes of the pain. They are of the opinion that bottle fed infants are more prone to colic pains than breast fed babies are. This is, however, not a rule of thumb as breast fed babies have also been known to develop colic pains.

Baby colic can appear without a warning causing the baby to cry out in pain and then it will just disappear almost as soon as it appeared. The best treatment for baby colic is believed to be gripe water. Mothers can also hold the baby upright to her body to relieve the infant from the pain to an extent. It is believed that the soothing warmth from the mother's body soothes the infant's abdomen where the pain is concentrated. A warm application around the tummy of the baby is also known to help a great deal. Sometimes the colic pains last a very long time and parents have to take it in turn to hold the baby upright and rock it to soothe the pain. Colic seems to attack at a set time when it does. Though the timings will differ from infant to infant, usually the colic attack comes around early evening or late at night.

It is important to establish that the infant's crying is due to colic pains. The reason for this is that there is no apparent treatment for colic and so it must be allowed to run its course. Though there are ways to comfort the infant and reduce the pain. However, the

crying must not be mistaken for colic and ignored; there may be another serious underlying condition that may need immediate medical attention. Colic pains are usually diagnosed by the baby's behavior. If a baby crouches and cringes with the pain and cries more than three times a week at almost set times every time then the discomfort is definitely caused by colic pains. A teaspoon full of gripe water at least four or five times a day has been known to effectively comfort the infant.

Colic Relief in Babies

Colic Is a Common Problem in Babies



It is a known fact that babies are prone to colic and parents are now aware of the condition in their infants and have been told by their parents and previous generations of how to deal with it. Also there are any numbers of books available to help a new mother with this problem.

Although colic is known about and discussed, not many people really understand it, and researchers are baffled as to the cause. They are still doing research on it and so far only know that the pain is from the stomach, but do not know how it originates.

Some feel that it is genetic and if the parents had it, then it could be passed on to their offspring. There are other theories that allergens are the cause and still others feel that it could come through breast milk. There is also the theory that it could be gas inside the infant.

The Symptoms of Colic

When an infant is 3 weeks old he could get an attack of colic. In premature babies this could be delayed due to the fact that the baby is not formed fully. The highest episodes

are in the 2nd month and it gets less in the 3rd month, but usually stops in the 4th month.

It is important for a parent to be aware of the symptoms and not lose their cool. Colic is not serious as it is in the case of horses. Horses can die if not treated immediately, and it is absolutely essential to get a veterinarian. In babies, it will stop, but again you should be able to distinguish between colic and any other serious complaint.

It is essential to seek the help of a pediatrician whenever in doubt. There are no real tests for colic – doctors can only eliminate the causes of crying in the infant, but will have to look at other problems like blockage of the intestine or an infection in the stomach. There are cases where a baby's eye may be scratched or hernia could also be a possible cause of discomfort.

As there is no known cause for colic, there is no real cure. All parents can do is remain calm and keep the child comfortable.

Taking the baby for a walk and wrapping him up warmly will help – also you could play music that will soothe him. It is essential to note that the child should not be overfed as it could worsen the situation. It would be a good idea to check with the doctor and find out if the baby could be allergic to liquids or certain foods. Allergens could be a cause which could be passed on through breast milk. However, providing relief is the main concern to keep the baby stable.

What Is Right Colic Flexure?

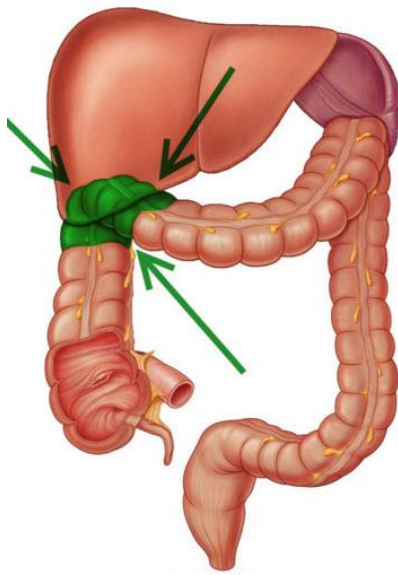
The Importance of Knowing Medical Terms

It is necessary to know and understand medical terms. Although scientific terms seem hard to comprehend, there are certain simple terms that one should learn so that you can handle an emergency situation.

A number of people keep applying the medical terms that they learn to situations that require them, and the knowledge that they gain from understanding those medical terms helps them.

Right Colic Flexure

The Right Colic Flexure is a turn of the colon at the point of the ascending part of the large bowel – it is anterior to the lower portion of the right kidney and inferior to the right lobe of the liver.



There are two flexures that are part of the colon – The Left Colon Flexure near the spleen and The Right Colon Flexure adjacent to the liver.

It is important to know all that you can on Right Colon Flexure as there are very serious diseases that arise from it. A few of them are hepatitis inflammation, hepatoma, and herniorrhaphy.

When there are complications of Right Colic Flexure, it could revert to gall bladder denocarcinoma leading to liver cancer. Curing this illness involves using endoscope in the transverse colon. There are licensed surgeons who perform this delicate procedure.

Perforated Colon cancer is the result of complications arising from Right Colon Flexure. Large amounts of bile and bacterial peritonitis are produced as a result of this type of cancer. There are other parts that could also be affected like the caecum, the transverse colon and the ascending colon.

Anyone who knows a friend or acquaintance suffering from any complications connected with Right Colon Flexure must impress upon them the urgency of getting extensive tests done. Apart from that it is vital that they visit the doctor regularly, and do the necessary tests and follow all the instructions given to them for a speedy cure.

Being an extremely delicate part of the body, the correct information and knowledge will help you deal with any complications arising out of Right Colon Flexure. Before it leads to hepatitis and other gall bladder and spleen infections which could further complicate matters and eventually lead to colon cancer, it would be best to consult your doctor who will also refer you to a specialist for further tests, as other opinions will also be helpful in diagnosis, so that you can get the best possible treatment and prevent any further complications by getting to the root of the matter and dealing with it in a mature manner. If need be you can read all about it extensively, as the more knowledge you obtain the better prepared you will be to deal with the situation.

What You Need To Know About Left Colic Flexure

While medical science has advanced over the years, there are still some areas that solutions and complete cures are evading by being so complicated, due to other influencing factors that complicate treatment issues; the left colic flexure and the large intestine are two of the human anatomy features that has doctors in a fix finding cures for, though progress is certain with dedicated research.

The left colic flexure is the curve at the junction of the transverse and descending colon and is also called the Splenic flexure; doctors believe there to be 2 kinds of colic flexures in the transverse colon: the right one, near the liver and the left one, near the spleen (also known as the flexura lienalis because of its location, near the left kidney and lower than the spleen. The left colic flexure is located near the large intestine and is an important organ that needs proper medical attention for optimal functioning, without which it can cause many other diseases to develop.

Extending from the ileocecal junction to an individual's anus, the large intestine is typically 1.5m long; it comprises 3 visible bands of longitudinal muscle fibers that are 5mm long on the surface, called taeniae coli. These begin from the base of the appendix and go way down to the cecum, extending right down to the rectum; it has tags of peritoneum filled with fat called epiploic appendages at its side besides sacculations called haustra, which make the large intestine a distinct part of the intestinal tract.

The cecum, ascending, descending, and transverse and sigmoid colon besides the rectum, anal canal, and anus make up the large intestine, of which the first part is the most important. This is because the Cecum, 6cm long, is a blind cul-de-sac lying at the right iliac fossa of an individual but is that part of the colon that is situated below the ileum opening into the colon (behind the abdominal wall and greater omentum) where frequent peritoneal recess is present.

On closer examination, one can see the vermiform appendix opening into the cecum approximately 2cm below the ileocecal cavity and once the cecum is open, the doctor can identify and find the opening of the ileum into it, which is an opening typically surrounded by thickened muscle forming the iliocolic valve. Thus, even as the left colic flexure (or the splenic flexure, as it is medically referred to) does not play the cecum's impressive role, it still has a crucial part to play as a responsible organ of the human digestive system that requires proper medical attention.

The Relationship Between Breastfeeding And Colic

The Value of Breastfeeding



When a baby is born, doctors always advise the mother to breastfeed the baby, as the milk is just rightly constituted and contains antibodies which prevent the baby from getting viruses and keeps bad bacteria out.

It has been learnt through research that an infant can be breastfed till it is 4 years old. Since it will have teeth by this time, mothers may use a

pump or go ahead with artificial milk.

When a baby cries continuously, it is usually colic, and this is something parents need to deal with as it will eventually subside after about 4 months.

There are many doctors who feel that it is the breast milk that causes colic.

There are a couple of reasons that this may happen – one is, that while the baby sucks milk it also absorbs air, so the mother should allow the baby to burp after a meal.

The second reason could be the food that the mother has taken which could be gaseous and this is passed on to the infant through the milk from the breast and colic is the result.

Different Ways to Relieve the Baby

There is no real indication as to colic in a baby as a result of being breastfed, because it is even more frequent in bottle-fed babies. However, the food that is eaten should be made a note of, so anything that upsets the infant can be eliminated.

Some of the ways in which you can deal with this is to observe your diet, see that the baby burps and also carry the infant or sing some songs to put him to sleep.

Another way is to place a CD player near the crib with some nursery rhymes so that outside sounds can be shut out.

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During the day, a warm bath could help – just as it relieves tension in adults, the same could apply to the baby.

If the teeth have already appeared, then the baby can be soothed with a pacifier. This will help all around.

There is no harm done if the doctor diagnoses the child as having colic – it is normal and the non-stop crying and anger bouts can be dealt with. It may be difficult for first time parents, but as time passes they will know exactly what to do to help and relieve the infant.

It should be understood by parents that this phase will pass after the first few months – they will do all they can to help the child and relieve the pain – also it is hereditary as either one or both of the parents might have had it.

A dietician can always help with recommending correct foods.

What You Need To Know About Renal Colic

The Symptoms of Renal Colic

When kidney stones start to develop, the pain associated with it is called Renal Colic. The pain is usually in the area of the kidney or below and goes down to the bladder. The pain comes in spurts and at intervals – it is not a continuous pain.

There are two forms of this colic, one is very severe and the other is dull. The pain depends on the size of the kidney stones, and these stones move into the urinary tract causing severe pain in the bladder or renal area. If the stones are very large, you will need to consult a doctor who will give you medication to relieve the pain.

Renal Colic usually has symptoms which help you to consult a doctor for a diagnosis, but there are cases where a patient may not have any symptoms.

If there is very severe pain especially while passing urine there could be a block due to kidney stones. You may experience pain in the thighs, genitals or abdomen and even in the back and also nausea.

Pain Relief for Renal Colic

Sometimes the stomach gets swollen and this causes great pain which can be unbearable and will need pain killers. There are other conditions which include chills

and fever and a very serious type could be the presence of blood in the urine. This means that portions of the urinary tract have been injured by the kidney stones.

Quite often, Renal Colic will disappear by itself if the stones are not large and will go through the urinary tract in a natural manner. NSAID is a drug that is not a steroid, and this is prescribed by doctors to relieve the pain. It is most effective and provides great relief for anyone suffering from Renal Colic.

There are also other methods of relieving pain in a natural manner. You could use a hot water bottle which is extremely soothing and will provide relief or even a hot towel over the area will help. If the pain is not too severe, walking is a good way to help in releasing the stones.

Unfortunately, if the stones are very large, it will not pass through the urinary tract naturally, and there is no other alternative but surgery. If surgery is not done, the pain will recur, so it is advisable to consult a doctor who will recommend surgery. This will dispense with the problem and relieve the pain and discomfort that you are experiencing. The main focus should be in contacting a specialist in the field who will diagnose your symptoms and provide the necessary care.

Help for Colic

Colic – A Normal Occurrence in Babies



As babies cannot talk, crying is a way of expressing their feelings when they are in discomfort. But when crying goes on for hours, parents get alarmed, but they need to be aware of the symptoms and try to be as calm as possible- in short, they need to comfort the child, so that the child gets some measure of relief.

Parents have been known to take the baby to a hospital, and find that there is nothing to be alarmed about as colic affects newborns.

Colic usually affects a baby when it is 3 weeks old, and lasts till the 4th month, after which it stops. Parents need to concentrate on how to help the child and relieve its suffering and not worry about the causes.

Many parents lose their sleep after a hard day's work, and this happens even if they take turns in attending to the baby.

How to Provide Relief and Comfort for Your Baby

Taking no notice of the child and hoping its cries will subside will not work as the baby may be suffering and be in pain. Someone has to look in on the baby to see if the diaper needs changing or if the child is hungry. If both these are not the case, then picking up the child and soothing it to sleep with a lullaby may be a good idea.

Another important point a mother needs to remember is to burp the baby after its feed. This is a known cause of colic.

A baby may need a change of scene, and could be brought out. Another way of diverting its attention is to take the child in a stroller to the park or even a ride in the car.

Just as a bath relieves adults after a stressful day, the same is the case with babies. You will need to make sure that the water is not too hot – just warm to soothe and relax the child.

Also distractions in the form of toys can be hung by the baby's crib or soft music can be played. These are simple ways of de-stressing a baby.

The most important thing that you can give your infant is love and time. Also it is important for the mom to find out what the child is allergic to in terms of food.

There are gas producing foods and this can be passed on to the child through mother's milk. Therefore it is essential to discover the foods that agree with the baby. If the condition persists, you could try Simethicone drops.

There are ups and downs in bringing up a child. Colic is only the beginning. A babysitter could help you, but in the final analysis, it is the love of the parents that counts most of all.

Knowing How to Treat Colic

The Discomfort of Colic



Whenever a baby cries continuously for long periods of time, it could be a problem with digestion and chronic irritation in the stomach. Infants could suffer from spasms and obstruction in the intestines – this is known as ‘colic’

A baby usually starts colic at the age of 3 weeks and this continues up to 4 months when it stops. The severity could vary with each episode – it is usually because gas is formed in the intestine, but there are times when it could be very severe and lead to a digestive problem in which case you should contact your doctor immediately.

Facts about Colic

If there is non-stop crying from an infant for over 3 hours a day for over 3 weeks at least thrice a week, then the baby can be said to have colic. Colic usually starts when the baby is 3 weeks old and lasts till it is 4 months old when it stops.

Researchers feel that the child is in a new environment and this could affect its nervous system. Also, once the baby starts crying it cannot stop. But it must be noted that colic is normal and not a disorder, but there is a possibility of a digestive problem if certain food like cow's milk or medication transmitted through mother's milk disagrees with the child.

You will know that your child has colic when you see that he is irritable and cries all the time even if he is comforted. Also there are the signs of a swollen and hard abdomen, clenched fists and knees drawn to the chest.

Usually it is the gas that has not been released that causes the pain, but if a child's stool has mucus or blood, or the child has a temperature and vomits, then this could be a digestive disorder and needs to be seen by a doctor who will be able to help you deal with the problem.

New parents find it especially difficult to deal with colic, as the child is inconsolable. This makes the parent feel overwhelmed with guilt – a feeling of helplessness creeps in

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coupled with failure and of course, total exhaustion. It is best to seek medical help, but make sure that you do not give the child medication or supplements without consulting a doctor.

There are various forms of treatment that can be done both in the hospital and at home. A pacifier at home is a good idea, also rocking the child to sleep and soothing music, as also a change in diet. Always consult the doctor before giving the child any medication or a change in food. There are gas relieving medications available like Simethicone drops like Maalox, and soy or whey based milk, but again, it should be administered only with the doctor's approval

Remedy for Colic



Parents of newborn babies need to understand that colic is a normal childhood condition, and not a disorder as such that calls for any measure of panic or medical treatment (which there is none by the way, except for some home remedies, endorsed by caregivers who swear it worked for the babies they handled); on the

contrary, colicky babies need patient care and looking after besides sleep and rest.

Of course, parents might insist they will need it too, which is normal since a severely colicky infant may keep crying and screaming their head off for close to 3-5 hours at a stretch, shattering nerves and any sense of restfulness, but it will go away with time.

Nearly 20 per cent of newborn babies suffer from colic within 2-3 weeks of birth; it usually goes away by the time the infant is 4 months old, or at the latest, 8 months of age. However, there is no permanent cure for treating colic and it is best to let nature take its course (in the colic episodes fading off) though some caregivers of colicky babies swear by simple and effective colic remedies, such as giving a pacifier, carrying it for some time, rocking the baby and playing soothing music to lull it to sleep.

Parents can take turns to carry the crying baby and walk around for some time, till the baby is relaxed and also to give their partner some rest; they can also sing a lullaby or playing a CD with soothing child-friendly lyrics or instrumental music on it to induce sleep.

Those parents that have invested in a baby stroller can put it to good use by taking the crying, colicky baby out for a stroll or giving it a warm bath (not hot as infant skin is tender), then massaging the baby's tummy with baby oil or lotion and packing it up with a towel to keep the warmth in.

Since many doctors believe that the source of colic pains may be consumption of gas or allergen producing and triggering foods, a lactating mother should consult a dietician about what would be good substitutes for cutting these out of her diet to give the baby relief from colic pain. Some of these include avoiding caffeinated foods and cruciferous veggies.

At times, babies may be intolerant to cow's milk or powder milk or even be lactose intolerance; for such babies, a soy-based nourishment is advised; at times, air may enter the baby's tract while being bottle-fed, causing colic pain and it's suggested that new nipples be bought to replace the older ones and parents should burp the infant during and after feeds.

If all else fails, the use of Simethicone drops is advised for infants that are in severe distress due to colic pain as this is a proven medication that is an accepted colic remedy for severely colicky babies.

After all, for both baby and caregivers to get rest is essential for their continued wellbeing so trying out these simple home remedies for checking which one suits your baby is a good way to getting one step closer to the sleep that eludes you now!

Dealing With Colic At Home

Colic is a natural and common occurrence in many babies and new parents need to be aware of the many possible reasons why a baby could be crying before assuming it is a disorder, abnormal or colic episode to treat it right.



Colic is a condition that occurs with new babies only 2-3 weeks old and may continue for 2-4 months of age, but typically wears off by then; if not, colic episodes fade out by the time the infant is 8 months old. While there are several reasons given for colic (from an immature digestive system to

lactating mother taking gas-producing or allergen triggering foods that get transferred to the baby, causing stomach discomfort etc.), there is no cure as such for the condition, though it can be controlled.

Dealing with a colicky baby can be very trying for new parents who don't know why the little angel is crying, screaming and trashing about; many colicky infants get red cheeks due to the incessant crying that may last 3-5 hours! To avoid this nightmare, first establish if the condition is colic indeed; then work to treat the child with home remedies given below that are safe and effective:

- For cases of simple colic, home remedies are the best way to give relief to the baby, but medical examination for determining the type of colic is the first step towards deciding the course of action. The easiest way to give relief to a colicky infant is to try and help the baby relax; releasing the gas causing the stomach to bloat is a must, so carrying the baby, rocking it and playing soothing music or giving it a pacifier are the basics to home remedies.
- For some babies, getting a tummy-rub or a simple massage using hand movements and techniques that are circular and smooth, in an upward motion helps to relieve them of the gas as well as encourages them to move their bowels, which is the best thing that can happen to a colicky infant. Books and even websites are good guides to learn massage techniques for giving colic-relief to babies.
- Giving a simple herbal tea concoction (up to 4 oz daily) is believed to help colicky infants reduce the gas and cramps felt in the stomach. Only increase the dosage if your doctor approves of the step; effective herbs include chamomile, ginger, catnip and peppermint but only along with proper meals too as the child needs these at all times for his nourishment.

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- The simplest home remedy is a mother's touch of course: simply remember to burp the baby between and after feeds by holding the infant upright for a few minutes and giving it a back-rub so the air that goes into the tummy can be released, is a good way to treat infant colic.

Lastly, use warm castor oil to rub the colicky baby's tummy area to give relief.

Natural Remedies for Colic

Colic in Babies Is Normal

A baby suffers from colic in the first few weeks and it usually stops in the fourth month. Although the crying for hours can fill a parent with panic, a responsible parent will do everything in his power to soothe and comfort the child.

There are no drugs that can cure the child of colic, so parents will have to deal with it as effectively as they can; using natural remedies which can help soothe the infant.

Different Types of Natural Remedies



Music is a wonderful way of soothing the child. If you don't have a tuneful voice, perhaps you can play music which can be kept near the crib so that the baby can fall asleep.

Something else that needs to be looked into is the food consumed by the mother – there are foods that contain

gas and this can be passed on to the baby through the mother's milk. A dietician should be consulted so as to advise the mother on the foods that would be agreeable to the baby.

If the baby is not breast fed, then soy milk could be tried instead of the usual baby milk, and this could help with colic.

In addition to breast milk, babies need water – you will have to be careful and check the ingredients written on the package to make sure that your baby is not allergic to any of them.

The usual practice is to carry a baby when it screams, but when this becomes tiring, it would be a good idea to take the baby out of the house.

The baby can be taken in a stroller or firmly strapped in the car so that he can have a restful time with his mother in a park or just go for a ride in the car.

Just as adults enjoy a warm bath after work, babies could do with a bath that is warm, not hot, or aroma therapy will soothe the child by placing a warm bag on the infant's stomach.

After the baby has been in the mother's womb for 9 months, it is baffling for the infant to face the world with its sounds. Keeping a baby close to your breast or wrapping him warmly will help the baby adjust.

These natural methods will help but not always, so there are always ways of trying different things to comfort your child.

There are many medications available but you will need to use them only in consultation with your doctor.

If your child is diagnosed as colic, there is no cause for alarm as it is a normal process and not a disorder. Parents should be prepared to give up their sleep in order to comfort their child and make him feel secure.