

## WHAT IS FUNCTIONAL ABDOMINAL PAIN?

Functional abdominal pain is abdominal pain that:

1. Does not have a clear cause
2. Happens at least 4 days a month for 2 months
3. Is persistent
4. Can be triggered by stress or anxiety

Functional abdominal pain usually occurs in children aged 4-18 years old.

### DID YOU KNOW?

Up to **30%** of school-aged children have functional abdominal pain



and **80%** get better within 2 years of seeing a doctor!

# FUNCTIONAL ABDOMINAL PAIN

## ALEX'S STORY



For more information

[www.espghan.org](http://www.espghan.org)



## SIGNS AND SYMPTOMS

Besides abdominal pain, children may also complain of:

- NAUSEA
- HEADACHE
- DIZZINESS
- LIMB PAIN
- TIREDNESS
- DIFFICULTY SLEEPING

## HOW TO HELP

Although there is no known cause, there are several areas where you can help:

DIET

SLEEP

ACTIVITY

MENTAL HEALTH

STRESS/  
ANXIETY

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