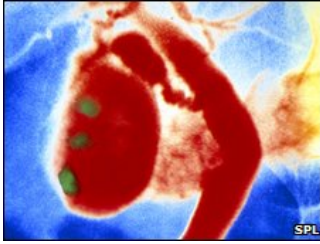


## Exercise 'cuts risk of developing painful gallstones'

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Doing lots of exercise drastically cuts the risk of developing painful gallstones, UK researchers have found. Gallstones are common but only 30% of cases have symptoms and complications.

A University of East Anglia study of 25,000 men and women found those who were the most active had a 70% reduced risk of those complaints.

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