

COPING WITH HEARTBURN & REFLUX

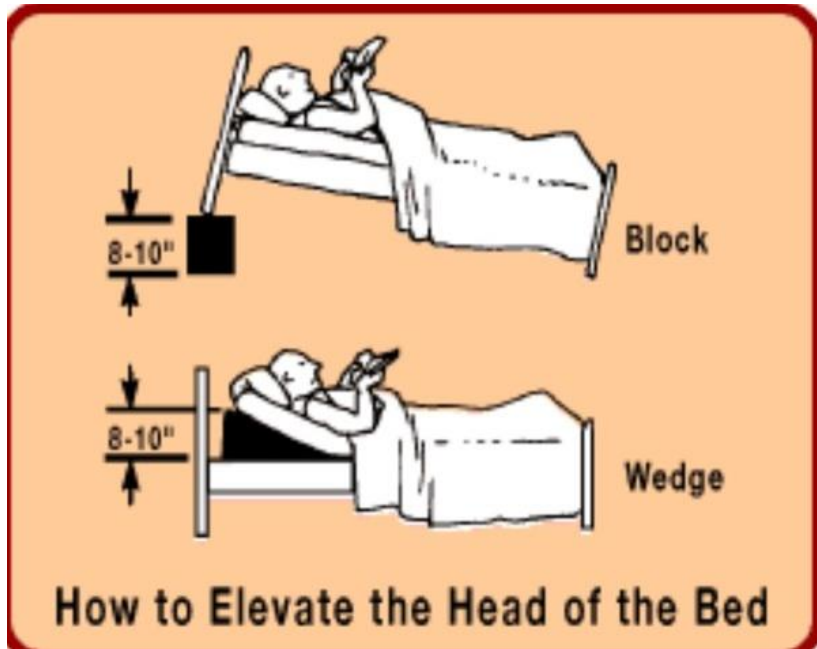


NO SMOKING

1. Stop (or at least cut down on smoking)

- Did you know?
- Nearly 70% of smokers say they want to quit.
- Success rate of quitting smoking without medication is as low as 3-5%.
- Withdrawal symptoms will be at their worst around 2-3 days. Hang in there, seek professional help.

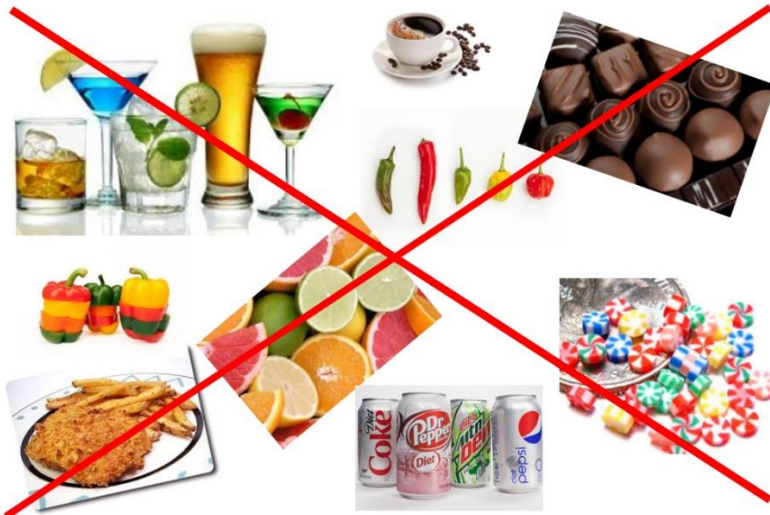
2. Elevate the head of the bed with blocks



- How do you elevate your head while sleeping?
- A sleeping wedge pillow may also raise the head during sleep.
- Adjustable beds, including specialized mattresses, may also be used to lift the head above the body during sleep.
- The degree of head elevation may vary, but most benefit from raising the head by 20 to 30 degrees.

3. Avoid spicy, acidic, tomato-bases, fatty, greasy food; like chocolate, citrus

fruits, and fruit Juices



- Why is spicy food bad for acid reflux?
- Spicy foods are notorious for causing heartburn.
- They often contain a compound called capsaicin, which may slow the rate of digestion.
- This means food will sit in the stomach longer, which is a risk factor for heartburn



4. Limit your intake of coffee, tea, alcohol, and colas

- How can I limit my coffee intake?
- Keep tabs. Start paying attention to how much caffeine you are getting from

foods and beverages,
including energy drinks.

- Cut back gradually. For example, drink one fewer can of soda or drink a smaller cup of coffee each day.



5. Watch your weight (being overweight increases intra-abdominal pressure, which can aggravate reflux).

- Why is it important to watch your weight?
- Maintaining a healthy weight is important for health.
- In addition to lowering the risk of heart disease, stroke,

diabetes, and high blood pressure.

- It can also lower the risk of many different cancers.

6. Do not exercise too soon after eating



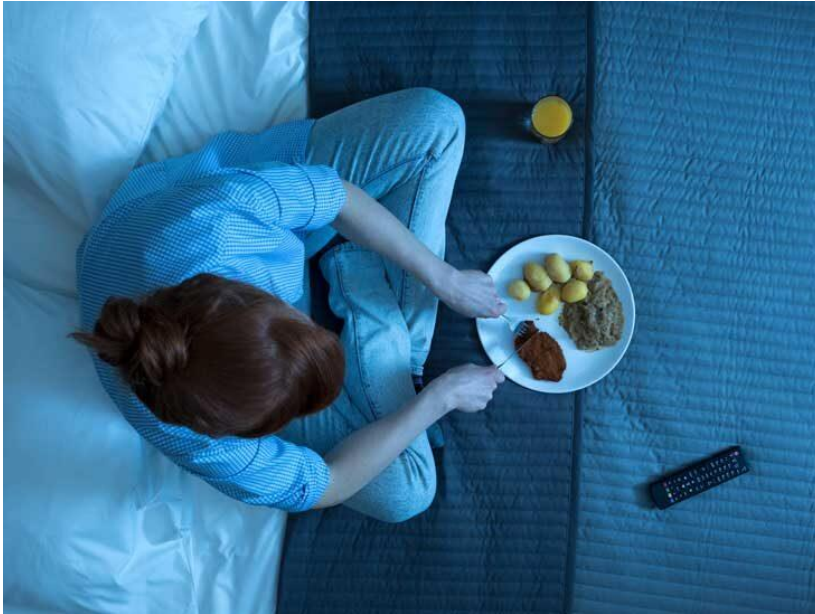
- What happens if I workout right after eating?
- You shouldn't exercise right after eating a large meal.
- As you may feel bloating or muscle cramping.
- It's better to eat low-fiber, low-fat, and high-carbohydrate snacks 30 to 45 minutes before exercising.



7. Avoid bedtime snacks and eat meals at least 3 to 4 hours before lying down.

- What foods should you avoid before bed?
- Alcohol
- Foods with High Water Content.
- Spicy Foods, Heavy Foods.
- Foods with Hidden Caffeine.
- Tyramine-Rich Foods.
- Super Sugary Treats.

8. Smaller portions per meal (Do not gorge yourself at mealtime). Eat moderate amounts of food.



- How do eat smaller portions and not be hungry?
- Make at Least Half Your Plate Veggies. Vegetables have lots of filling water and fiber, but not a lot of calories.
- Eat Protein With Every Meal or Snack.
- Drink Water With Your Meal.
- Begin With a Vegetable Soup or Salad.

