

## COPING WITH HEARTBURN & REFLUX

IF YOU ARE ONE OF THE MILLIONS OF PEOPLE WHO SUFFER FROM REFLUX, THERE ARE THINGS YOU CAN DO TO IMPROVE YOUR LIFESTYLE AND YOUR HEALTH

1. Avoid spicy, acidic, tomato-based or fatty foods like chocolate, pizza, citrus fruits



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



3. Watch your weight. (Being overweight increases intra abdominal pressure, which can aggravate reflux)



4. Don't gorge yourself at mealtime. Eat moderate amounts of food.



5. No peppermint candy or chewing gum.



6. Do not exercise too soon after eating.



7. Have meals at least 3-4 hours before lying down.



8. Stop (or at least reduce) smoking.



9. Elevate the head of your bed up to six inches.



10. Take an antacid with your meals. Suggestions are Gaviscon, Mylanta or DiGel.

To schedule an appointment with UC Health Otolaryngology – Head & Neck Surgery call

(513) 475-8400