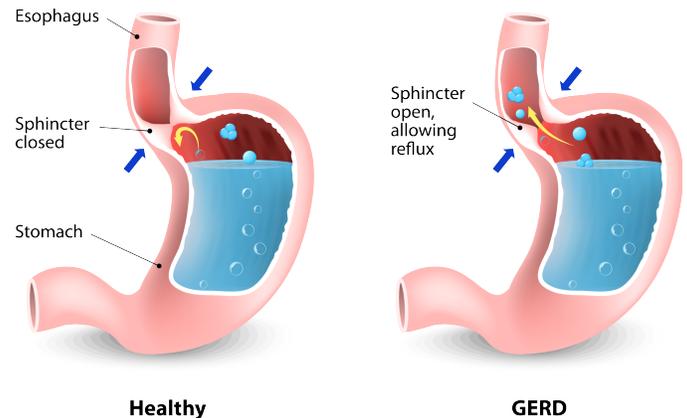




## Reflux Management | Gastroesophageal Reflux Disease | GERD

GERD is a condition that causes frequent heartburn, burning behind the breastbone, acidic or metallic taste in the mouth, hoarseness or difficulty swallowing. It is caused by acid from the stomach flowing back into the esophagus which it is not designed to handle. The problem occurs when the muscle that contracts to purse the stomach closed is loose or the stomach slides above the diaphragm and spills.



### **Prevention**

**Limit caffeine**, especially after noon.

**Avoid tight clothing** - tight belts or belts can increase stomach pressure.

**Avoid foods that cause symptoms**, such as

Spicy and fatty foods

Tomato and citrus juices ( pizza, spaghetti, chili ...)

Chocolate, mints, coffee, tea, cola, alcohol

Supplements with peppermint, spearmint, essential oils

**Do not lie down for 2 hours after eating**

**Stop smoking.**

**Use bed blocks** - elevate the head of your bed 2-6 inches with wood blocks or bricks. Pillows do not work, but a foam wedge under the upper half of the body is a fair alternative.

**Maintain your ideal weight** - increase in weight increases pressure on your stomach.

**Antacids** - can take at bedtime and 30 minutes after each meal if needed.

**Acid suppression** - Pepcid and Zantac are safest, Prilosec, Nexium are for short term only

**Eat smaller meals** - avoid overfilling your stomach

**Manage stress** - Stress and anxiety can worsen acid and symptoms.

**Know about medications that may worsen** - Muscle relaxers, Phenergan, Some asthma medications that are beta agonists, sedatives like xanax or valium, bisphosphonates used for osteoporosis, narcotics, and some blood pressure medications ( certain beta blockers and calcium channel blockers), and anti-inflammatory medications NSAIDS like motrin, aleve.