

TIPS FOR

ACID REFLUX (GERD)

Ways to help manage the feeling of heartburn after meals.

Avoid foods that may cause problems with your esophagus valve

Your esophagus valve is the part of your stomach that stops food and stomach acid from re-entering your esophagus which causes feelings of heartburn in your chest. It opens to let food in your stomach, and closes shut to keep food in your stomach. Avoid foods like chocolate, coffee, spicy food, acidic food (citrus fruits & tomatoes) and carbonation (soda & beer), which are known to cause problems with this valve in some people.

Eat smaller meals and avoid big meals with lots of calories

Feelings of acid reflux are also caused by stomach acid going into your esophagus when the esophagus valve is not working correctly. Big meals and high-calorie foods cause your stomach to produce extra acid to break down food. Eating smaller-sized meals helps lower the amount of acid in your stomach.

Avoid high saturated fat foods

High saturated fat foods like fried foods, fast food, ice-cream, red meats, cream cheese and butter are hard for your stomach to break down and also produce lots of stomach acid. Try to only eat these foods occasionally and not every day.

Don't take too much antacids

Antacids like calcium carbonate (TUMS or ROLAID) or magnesium (MYLANTA, MAALOX, MILK OF MAGNESIA) can provide short term relief after meals but be careful not to take more than what is recommended. Be sure to read the instructions on the bottle or box to see what the recommended dose is. Too much calcium carbonate can cause kidney stones over time. Too much magnesium can cause diarrhea and upset stomach.

Go for walks after meals

Standing and going for walks after meals helps your food settle in your stomach and reduces acid reflux. Try not to lay down after eating, which can cause problems for your esophagus valve. Some people have found that it helps to raise the head of their bed to avoid issues with acid reflux while sleeping.