

Management of Heartburn & Reflux

Follow your doctor's advice and individualized treatment program.

Depending on what triggers your symptom(s), changes in your diet or lifestyle may be recommended to help alleviate your symptom(s).

Changes in Diet

- Reduce the meal size, if you have symptoms after eating.
- Avoid fatty foods, if they provoke symptoms.
- Avoid caffeine-containing beverages (coffee, tea, and colas), if they provoke symptoms.
- Avoid alcohol, spicy foods and chocolate, if they provoke symptoms.

Changes in Lifestyle

- Smoking may worsen your symptoms. Try to stop smoking or cut down on the number of cigarettes you smoke.
- Extra pounds may add to the problem. Try to keep your weight down.
- If you have symptoms when you lie down, raise the head of your bed with 6-inch blocks.
- Avoid wearing tight belts or tight-fitting clothing.
- Avoid eating for two to three hours before going to sleep.

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