

# 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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