

Orange Dental And ENT Care Centre

Snore And Sinus Clinic

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Gastroesophageal reflux disease and heartburn - Prevention

Anti-Reflux Measures

These instructions are designed to provide you with information that will aid in alleviating the symptoms associated with reflux disease. It is important that you comply with these instructions. If you are unable to follow these guidelines, please let us know.

1. Lose weight. If you are overweight, pressure of excess weight can increase the chance of stomach acid being thrown into your food pipe and throat.
2. Avoid alcohol. Alcohol increases the production of stomach acid. It also relaxes the lower esophageal sphincter (LES is responsible for holding the food and acid contents in the stomach.)
3. Avoid bending over soon after eating.
4. Sleep with your head and shoulders elevated. Lying flat allows stomach contents to press against LES. Also, having the head higher than the stomach allows gravity to keep stomach contents where they belong. This can be done by placing bricks below the head end of the bed.
5. Sleep on your left side. Studies have shown that this position aids digestion and helps with the removal of stomach acid. Sleeping on the right side has been shown to worsen heartburn.
6. Wait at least 2 to 3 hrs after eating to go to bed.
7. Make sure your bedclothes are loose fitting.
8. Stop smoking completely. Nicotine can weaken the LES. Smoking also stimulates the production of stomach acid.
9. RELAX. Stress may lead to an increase in stomach acid production. It is also known to lead to behaviours that can trigger heartburn, such as overeating.
10. Get REGULAR EXERCISES. Exercise can help toning the muscles which will prevent reflux. Exercise also help with digestion.
11. Drink plenty of water.
12. Check your medications. Some medications can worsen heartburn symptoms, so talk to your doctor if you have any concerns.
13. Eat your big meal at lunch instead of dinner.
14. Eat 6 small meals each day instead of 3 large meals. This will help keep the stomach from becoming too full and help prevent excessive production of stomach acid.
15. Don't eat too quickly.
16. Avoid late night snacking.
17. Eat a diet rich in fruits and vegetables, although it's best to avoid acidic vegetables and fruits (such as oranges, lemons, grapefruit, pineapple, and tomatoes).
18. Avoid spicy foods and cut back chili and pepper in your food.
19. Limit fried foods especially if they are greasy and oily.
20. Limit tomato based products such as ketchup, sauce and paste and spaghetti sauce.
21. Limit the amount of chocolate you eat.
22. Avoid caffeinated drinks such as colas and coffee. coffee in any form, caffeine containing beverages (teas and sodas), peppermint