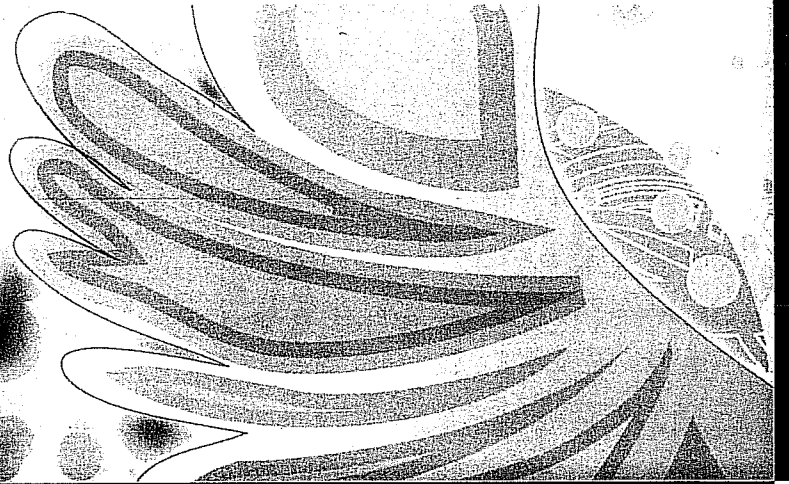


Coping with Heartburn & Reflux



If you are one of the millions of people who suffer from heartburn, the most common symptom of reflux, there are things you can do to improve your health and enhance the quality of your life.

1. Avoid spicy, acidic, tomato-based or fatty foods like chocolate, citrus fruits, and fruit juices.
2. Limit your intake of coffee, tea, colas and carbonated beverages.
3. Watch your weight. (Being overweight increases intraabdominal pressure, which can aggravate reflux.)
4. Don't gorge yourself at mealtime. Eat moderate amounts of food.
5. Don't exercise too soon after eating.
6. Avoid bedtime snacks and eat meals at least 3 to 4 hours before lying down.
7. No smoking and/or alcohol intake, these severely aggravate reflux.
8. Elevate the head of your bed with blocks or bricks 6 to 8 inches.

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