

Heartburn Hints

Make these lifestyle & dietary changes:

- Avoid fried and fatty foods such as French fries and other fast-food items and spicy foods.
- Avoid chocolate such as candy bars, chocolate shakes, cupcakes, etc.
- Avoid coffee, caffeine-containing beverages, and alcohol.
- Avoid citrus fruits and juices, tomato products such as spaghetti sauce, and pepper.
- Reduce your portions at mealtimes. Less food in your stomach will mean less chance for reflux.
- Eat meals 2-3 hours before going to sleep.
- Lose excess weight if you are overweight, it will lessen your symptoms.
- Quit smoking. Smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux.
- Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents into the esophagus. Do not use extra pillows to elevate your head, since this can increase pressure on your abdomen.
- Avoid tight clothing and belts.

Make an appointment with Dr. Rheuark at (310) 373-8777.