

Heartburn/Indigestion/GERD

What is it?

***Heartburn-** unpleasant burning sensation, radiates near the heart, usually begins about 1 hour after eating

***Indigestion-** digestive tract problems as nausea, vomiting, regurgitation, bad breath

***GERD-** disorder of the digestive system, most common > 40 years of age but infants can also have



Signs and Symptoms:



***Overeating-** food or drink, spicy foods, swallowing air, smoking, drinking alcohol, reclining soon after a meal, obesity (if overweight lose weight)

***Other Symptoms-** chest pain, difficult or painful swallowing, persistent cough, loss of voice, sore throat, hoarseness, nausea, vomiting, erosion of tooth enamel



Facts:



***Caused by-** Stress, anxiety, symptom of cancer, cancer medications, severe pain, serious disorder, anxiety, esophageal spasms, esophagus cancer, gastritis, ulcers, car sickness, gastritis, depression, pregnancy, lactose intolerance, gallbladder inflammation

***Acid in Throat-** caused by improper closure of the muscle that connects the esophagus with the stomach



What can I do?



***See your Physician-** ask about warning signs of chest pain, heart attack

***See RD-** for help as needed

***See FFF RD-** on line for help

***Eat/Drink-** slowly, eat 6 small meals a day, chew food thoroughly, do not lay down or recline until > 2 hours after eating, raise bed 6-8 inches on blocks, use liquid antacids and take as prescribed, lose weight if overweight

***Breathing-** breath out before swallowing

***AVOID-** chewing gum, gulping liquids, alcohol, spicy foods, aspirin, aspirin products, headache powders, tobacco, fatty foods, fried foods, carbonated drinks, caffeine, chocolate, coffee, tea, colas, bananas, citrus fruits/juices, tomato products peppermint, some medications irritate the stomach, tight fitting clothes, gas forming foods (broccoli, onions, garlic, cabbage, etc..) **STOP SMOKING**

***Goals-** exercise daily for 15 to 30 minutes, 8 hours of sleep per night, eat a balanced diet with 3 meals and a bedtime snack

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