
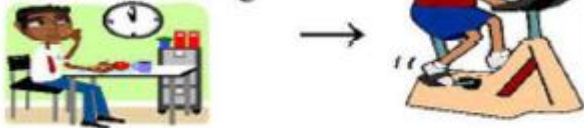










COPING WITH HEARTBURN & REFLUX

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 lifestyle and your health...

<p>1. Avoid spicy, acidic, tomato based or fatty foods like chocolate, tomatoes, citrus fruits and fruit juices.</p> 	<p>5. Don't exercise too soon after eating</p> 
<p>2. Limit your intake of coffee, tea, alcohol and colas</p> 	<p>6. Have meals at least 3-4 hours before lying down</p> 
<p>3. Watch your weight (Being overweight increases intra-abdominal pressure, which can aggravate reflux)</p> 	<p>7. Stop (or at least reduce smoking)</p> 
<p>4. Don't gorge yourself at mealtime</p>  <p style="text-align: center;">Eat moderate amounts of food</p> 	<p>8. Elevate the head of your bed</p> 
<p>9. See your physician if you are taking antacids three or more times a week.</p> 	

Most children are able to decrease their reflux with lifestyle and diet changes **without the need for medication:**

Have your child/teenager eat smaller meals more often Avoid eating 2 to 3 hours before bedtime Elevate the head of the bed 30 degrees Avoid carbonated drinks, chocolate, caffeine, and foods that are high in fat (French fries and pizza) or contain a lot of acid (citrus, pickles, tomato products) or spicy foods Avoid large meals prior to exercise Help your teen lose weight if he or she is overweight Avoid cigarette smoking Avoid drinking alcohol Most teens with GER will be helped with the treatment mentioned above.

Some worrisome symptoms include:

1. Repeated vomiting associated with • Blood • Green or yellow fluid • Weight loss or poor weight gain
2. Frequent sensation of food or liquid coming up into the back of the throat or mouth
3. Frequent discomfort in the stomach or chest • Heartburn
4. Swallowing problems • Discomfort with the act of swallowing • Pain with swallowing • Sensation that food gets stuck on the way down
5. Breathing Problems • Wheezing • Chronic cough or recurrent pneumonia • Hoarseness • Asthma