

nondrug ways to prevent heartburn

- ❑ Avoid bending over or lying down for at least 2 to 3 hours after eating
Lying down too soon can increase your chance of a reflux episode
- ❑ Elevate the head of the bed 4 to 6 inches with blocks, and sleep on your left side
Lessens the likelihood of reflux
- ❑ Eat small, low-fat meals, and eat them slowly
Large, fatty meals can increase acid production and delay gastric emptying
- ❑ Reduce intake of “heartburn-inducing” foods and beverages
High-fat foods, chocolate, spearmint, peppermint, and alcohol increase acid production or make reflux more likely
- ❑ Limit consumption of caffeinated and carbonated beverages
They increase acid production and stomach pressure
- ❑ Talk to your doctor about medications that may contribute to symptoms
- ❑ Stop or reduce cigarette smoking. Consider enrolling in a smoking cessation program
Nicotine increases acid production
- ❑ Wear loose-fitting clothing
Tight waistbands and belts can put pressure on the abdomen

(Continued on back)

more nondrug ways to prevent heartburn

(Continued from front)

- ❑ Suck hard candies, but not peppermints, or chew gum to help relieve symptoms
Helps increase saliva production, which protects against acid
- ❑ If overweight, consider enrolling in a weight-management program
- ❑ Avoid exercise you associate with heartburn. Do not exercise too soon after a meal
- ❑ Avoid or minimize hectic/stressful family, social, or business activities, if possible

LEARN MORE ABOUT HEARTBURN

If you'd like more information about heartburn,
contact the **National Heartburn Alliance (NHBA)** at
303 East Wacker Drive, Suite 440, Chicago, IL 60601,
call 1-877-NHBA-INFO,
or visit the Web site at www.heartburnalliance.org.