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Recommendations to prevent acid reflux symptoms



GASTROINTESTINAL & LIVER
CONSULTANTS

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1 Weight loss



if overweight or obese, weight loss is recommended.

Excess body weight exerts more pressure on the stomach, pushing up the contents towards the esophagus.



2 Dietary changes

Avoid foods that trigger your symptoms. Common culprits include fatty or fried foods, chocolate, coffee, peppermint, tomatoes, citrus fruits, spicy foods, and carbonated drinks.

Some evidence suggests reducing dietary fat intake can decrease reflux.

3 Eating Habits



Eat smaller, more frequent meals throughout the day instead of 3 large meals.

Avoid large meals, especially before bedtime.

Don't lie down or go to bed right after eating. Stay upright for at least 2-3 hours after meals.

4 Lifestyle Modifications

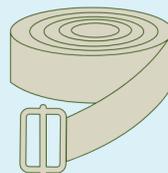
Avoid alcohol and tobacco, which can weaken the lower esophageal sphincter.

Elevate the head of the bed 4-6 inches. This helps to use gravity to keep stomach acid from flowing back into the esophagus while sleeping.



5 Clothing

Avoid tight clothing or belts that may constrict the stomach.



It's important to note that everyone's body reacts differently to dietary changes. It may take some trial and error to find the diet that best alleviates your symptoms. It's always recommended to discuss any significant dietary changes with a healthcare provider.

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