

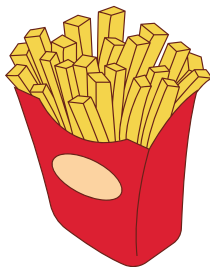
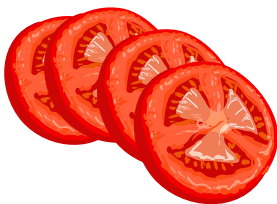


# GERD

**GERD, heartburn or acid reflux** is when stomach acid, food or fluid flow up through your esophagus. These fluids are very acidic. Over time, this can cause bleeding, ulcers, inflammation and damage to your throat.

## What foods can make this worse?

- Chocolate
- Peppermint
- Caffeine
- Alcohol
- Fatty, greasy or fried foods
- Citrus, including fruit and juices
- Tomatoes
- Chilis
- Black pepper



**Everyone has their own trigger foods.** Pay attention to what makes your acid reflux worse. Try to limit or avoid these foods.

# Lifestyle Support

**Eat smaller, more frequent meals.** Larger meals increase pressure on your stomach. This can make stomach contents come up easier.

**Don't smoke, or cut back.** Smoking weakens the muscle between your throat and stomach.

**Don't lie down after meals.** Wait at least 3 hours before lying down after a meal.



**Avoid tight fitting clothing.** This can increase pressure on your stomach.

**Elevate the head of your bed.** If you experience heartburn at night, elevating your head can help gravity keep your stomach contents going the right way.

**Maintain a healthy weight.** Extra weight can cause more pressure on your stomach to push contents back up.

