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# **The Management of Acid Reflux**

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## What is Acid Reflux?

Acid reflux commonly accompanies indigestion. It is characterised by sharp, burning pain in the central chest region. The symptoms typically occur after meals, during the night and can be aggravated by bending, lying flat, lifting or straining.

Symptoms are caused by stomach juices coming back up the oesophagus (food tube). The acids in the stomach juices irritate the lining of the oesophagus causing pain.

## Simple Steps to Improve Acid reflux

- Eat smaller meals at regular intervals
- Avoid eating late at night
- Avoid bending, lifting or lying down after meals.
- Avoid or limit very spicy foods if symptoms are worse after eating
- Avoid foods that you know to cause you irritation, commonly raw onion, garlic, cucumber and citrus fruits
- Very hot or very cold foods could exacerbate symptoms
- Raising the head of the bed slightly (if practical) can help reduce nightly symptoms
- If smoking then Stop
- Avoid excessive consumption of strong tea, coffee and alcohol
- Take all medications prescribed by your doctor

