

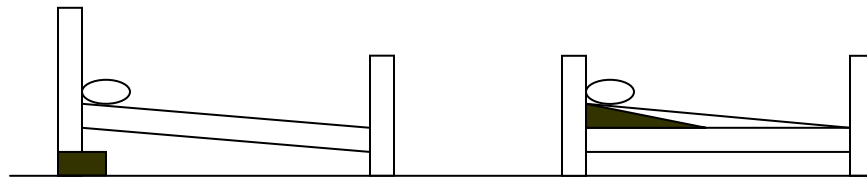


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Reflux Esophagitis

Reflux is a condition where the stomach contents flow back from the stomach up into the esophagus causing irritation of the throat. Many of the symptoms can be controlled by taking some simple steps to decrease the acid and keep it flowing in the proper direction.

1. Elevate the head of the bed 6-8 inches on bed blocks. Tilting the whole bed is more effective and predictable than the use of pillows. If you can't use bed blocks try a foam wedge, about 3 feet square, either on top of or under the mattress.



2. Choose an antacid (over the counter from any drug store) which is most convenient. Take the antacid 4-5 times per day- read the product label for instructions and precautions.
3. Avoid foods that provoke symptoms - - (spicy and fatty foods, tomato and citrus juices, chocolate, peppermint.)
4. Avoid overloading the stomach in any one meal. It is better to eat several small meals throughout the day.
5. Avoid eating in the 3-4 hour period prior to bedtime.
6. Avoid lying down after meals.
7. Avoid carbonated beverages and alcohol.
8. Avoid tea, mints and chocolate, as they relax the esophageal muscle and promote reflux.
9. Avoid unusually fatty foods.
10. Weight reduction, if applicable, is an essential step.
11. Avoid tight constricting garments- girdles, belts, etc.
12. Stop smoking.

Any of all of the above may be necessary to help control symptoms of reflux. The first 2 are probably the most important. You should consider as many of these steps as necessary until your reflux symptoms are controlled.

A simple trick to relieve sore throat or burning tongue caused by reflux is to use a liquid antacid, such as Maalox® or Mylanta®, diluted with water . . . 1 tablespoon of antacid in a cup of warm water. Use this as a mouthwash/gargle and swallow it, 3 or 4 times a day as needed.