



Avoid coffee, soda, alcohol, spicy food, citrus fruits/juices, tomatoes, fatty foods, peppermint, and chocolate.



Eating smaller portions, avoiding late meals, and maintaining a healthy weight can help in GERD management.



Elevating the head of the bed is especially effective for those with nighttime symptoms of GERD.



Take medication if recommended by your doctor.

How Is GERD Treated?

First options for mild reflux include eating smaller portions and changing the diet. Certain foods, such as tomatoes and fatty foods, and medicines, such as aspirin, can make symptoms worse. Over-the-counter drugs, including antacids and acid-blocking medicines called H2-blockers, may help. Antacids neutralize stomach acid. H2-blockers (e.g., ranitidine or famotidine) prevent or block production of stomach acid. These drugs can be taken before eating to prevent heartburn. Omeprazole is another over-the-counter drug now available, which blocks the action of stomach cells responsible for making acid. It is generally more effective than antacids and H2-blockers.

People with severe or frequent symptoms may need prescription drugs. The doctor may perform an operation called fundoplication to strengthen the LES.

DOs and DON'Ts in Managing GERD:

- ✓ **DO** eat a healthy diet, rich in fruits, vegetables, and low-fat dairy products. Lower your intake of saturated and total fats.
- ✓ **DO** raise the head of your bed 6 to 8 inches.
- ✓ **DO** maintain a healthy body weight.
- ✓ **DO** take medicines recommended by your doctor.
- ⊘ **DON'T** eat reflux-inducing foods, such as citrus fruits and juices, coffee, peppermint, chocolate, and spicy foods.
- ⊘ **DON'T** eat large meals.
- ⊘ **DON'T** eat meals late in the day.
- ⊘ **DON'T** lie down just after eating.
- ⊘ **DON'T** wear tight-fitting clothing.
- ⊘ **DON'T** smoke or use tobacco products.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

- American Gastroenterological Association
Tel: (301) 654-2055
Web: www.gastro.org
- American College of Gastroenterology
Tel: (703) 820-7400
Web: www.acg.gi.org