

## TIPS ON HELPING YOUR HEARTBURN

For many patients, self-treatment with Mucogel (either prescribed or purchased over-the-counter and taken 'as required') may continue to be appropriate for immediate symptom relief.

Eat healthily, reduce your weight and stop smoking, continue using Mucogel if needed

AVOID smoking, alcohol, tea, coffee, fizzy drinks, chocolate, fatty foods and being overweight. Avoid lemons, Tomatoes, oranges, pepper, chilli, Mexican food, cheese, nuts, avocado

Raising the head of the bed by a few inches and having a main meal 3 hours before going to bed may help some people.

Eat smaller meals

Reduce Stress in your life

Review medications for possible causes, for example, calcium antagonists eg amlodipine, nitrates, theophyllines, bisphosphonates e.g alendronate, steroids and NSAIDs eg Ibuprofen :Anadin, Neurofen, diclofenac, naproxen. Corticosteroids. SSRI's – fluoxetine, citalopram.

Please make an appointment to see the doctor if the following occur:

- progressive unintentional weight loss
- progressive difficulty swallowing
- persistent vomiting
- change in colour of stool (dark, black, altered)
- persistent unexplained tiredness
- over age 55 and recent onset heartburn