



## Clinic PHARMACY

OF WEST SALEM

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### Coping with **HEARTBURN?**

If you are one of many who suffer from heartburn, here are some things you can do to improve the quality of your health!

- Avoid acidic, spicy, tomato based or fatty foods, citrus fruits and fruit juices
- Limit the consumption of coffee, tea, alcohol, and colas.
- Be weight conscious. Individuals overweight have intra-abdominal pressure, which can aggravate heartburn.
- Don't overeat or gorge yourself at mealtimes. Eat moderate amounts of food.
- Don't exercise too often after eating.
- Avoid snacking at bedtime!! Eat your last meal 3-4 hours before lying down.
- Stop smoking or significantly reduce your smoking habit.
- Elevate the head of your bed.
- If you presently are taking antacids 3-4 times per week, SEE YOUR PHYSICIAN!!

*The above suggestions may provide you with a tremendous amount of relief from “sour stomach”, heartburn, or what is sometimes called gastroesophageal reflux. However, please remember that the above suggestions are not a substitute for contacting your physician if you or a family member is suffering from continual stomach problems! Please contact your hometown pharmacist with any questions you may have!*

\*\*\*Clinic Pharmacy of West Salem\*\*\*

Where the pharmacists pride themselves on providing you with the time you need to get your medication questions answered