

Heartburn and GERD Symptoms

What are the symptoms?

- Experiencing heartburn in frequent amounts is the most common sign that a patient suffers from GERD. Heartburn is often classified as an uncomfortable rising, burning sensation behind the breastbone.
- Regurgitation of gastric acid or sour contents inside the mouth.
- Difficulty or experience of pain when swallowing.
- If you are experiencing these symptoms frequently you should see your doctor.

Dr. Dayemo's Tips of Relieving GERD

- Elevate the head of your bed 2-6 inches with wood blocks or bricks. Extra pillows will not be too helpful.
- Avoid foods that may aggravate your symptoms. These types of food include spicy and fatty foods, tomato and citrus products, chocolate, mints, coffee, tea, soda, and alcoholic beverages.
- Don't lie down for two hours after eating. If you need to pick anything up, bend at the knees instead of the waist.
- Quit smoking. If you cannot quit, then minimizing smoking may benefit you.
- Avoid tight clothing, as tight belts, pants or girdles can increase pressure on your abdomen.
- Take some antacids before bedtime and 30-60 minutes after each meal. Use as directed by your physician
- Eating smaller meals and losing weight can ease stomach pressure.