

STRATEGIES TO REDUCE HEARTBURN

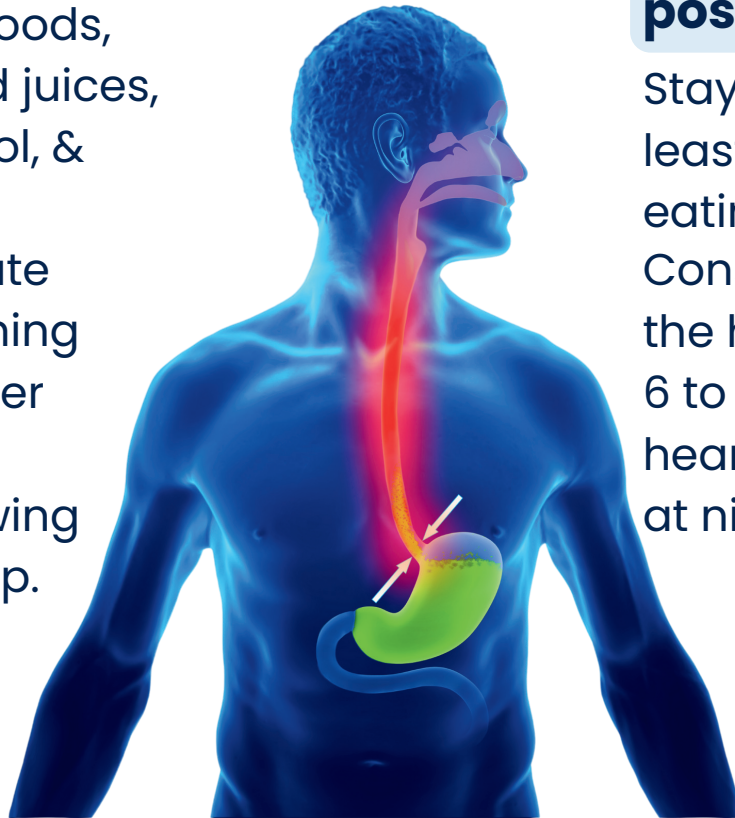
Avoid trigger foods

such as spicy foods, citrus fruits and juices, caffeine, alcohol, & tobacco.

These can irritate the stomach lining or relax the lower esophageal sphincter, allowing acid to creep up.

Try helpful positioning

Stay upright for at least 2–3 hours after eating. Consider elevating the head of your bed 6 to 8 inches if heartburn happens at night.



Mind your meal timing

Eat smaller, more frequent meals.

Avoid eating 2–3 hours before bedtime.

Try not to overeat or rush through meals.

WHEN TO SEEK MEDICAL HELP

If symptoms continue despite lifestyle changes and OTC meds

If heartburn happens more than 2x per week

If you have difficulty swallowing, weight loss, or black stools