



Preventing Heartburn

Heartburn is the burning sensation felt just below the breastbone, resulting from the reflux of the contents of the stomach into the esophagus. In addition to the burning, other symptoms may include difficulty breathing, coughing, chest pain, and a sore throat. Heartburn usually occurs after eating certain foods or lying down after eating a heavy meal.

Use the following tips to prevent heartburn:

- **Don't go to bed with a full stomach.** Eat meals at least two hours before lying down – the added time will give acid levels a chance to decrease before the body is placed in a position where heartburn is more likely to occur.
- **Don't overeat.** Eat smaller portions at meal times, or try eating four or five small meals instead of three large ones.
- **Eat slowly.** Take time to eat – don't rush. Try putting your fork down between bites.
- **Avoid putting pressure on the abdomen.** Wearing tight-fitting clothing around the waistline can set off heartburn.
- **Limit trigger foods.** Foods that may cause heartburn include onions, mints, chocolate, coffee or tea, carbonated beverages, alcohol, citrus fruits or juices, tomatoes, mustard, vinegar, and fried and high-fat foods.
- **Stop smoking.** Nicotine can weaken the muscle that controls the opening between the esophagus and stomach, allowing acid to enter the esophagus from the stomach.

Source: UnitedHealthcare



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.