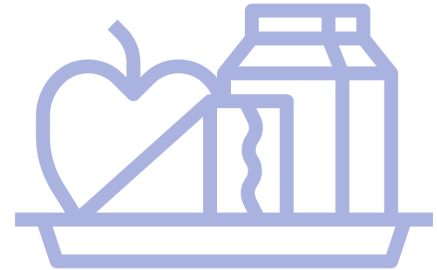


REFLUX

ABOUT REFLUX

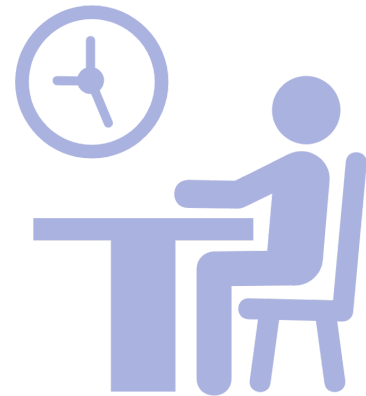
Reflux is a burning feeling in your throat and chest when the food that you eat comes back up. It can be uncomfortable and stops you from eating well. What you eat and how you eat can help you manage reflux.



"Have smaller meals and eat slowly."

TIPS FOR MANAGING REFLUX

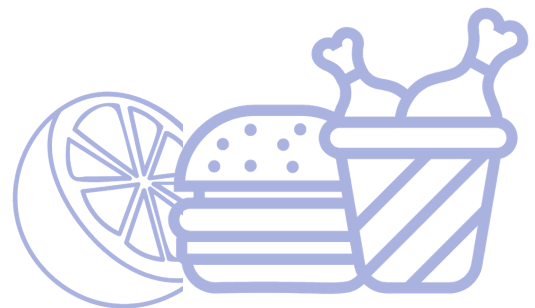
- Have smaller meals and eat slowly.
- Avoid lying down right after eating.
- Avoid fried and spicy foods.
- Avoid acidic foods, such as lemon, lime, oranges, grapefruit and tomatoes.
- Avoid chocolate, peppermint, garlic and onions.
- Limit alcohol, carbonated and caffeinated drinks (coffee, tea, colas).
- Wear loose fitting clothes.



"Avoid lying down right after eating."

CONTACT YOUR HEALTH CARE PROVIDER IF:

- You have reflux regularly, even after following these tips.
- Your symptoms are affecting your daily activities and your sleep.



"Avoid acidic, fried, and spicy foods."