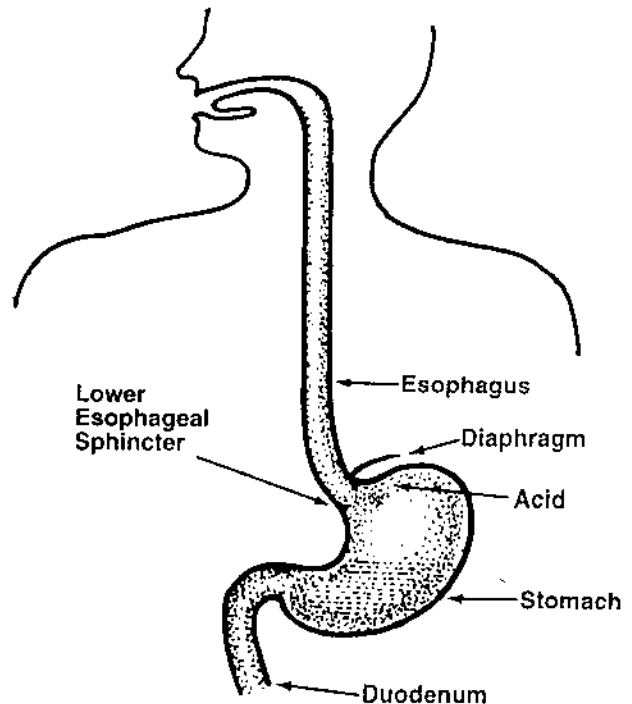


# REFLUX ESOPHAGITIS

What does this mean to me?

## What is it?

Reflux Esophagitis is inflammation of the esophagus (swallowing tube) caused by acid backing up from the stomach into the esophagus and irritating it. This can cause heartburn, difficult or painful swallowing, hoarseness, or bleeding. It can also lead to esophageal narrowing.



## What's my goal in treatment?

The goal of treatment is to keep stomach acid and other irritating substances out of the esophagus. Treatment allows healing of the damaged esophagus as well as preventing further damage.

## What steps can I take to make me feel better?

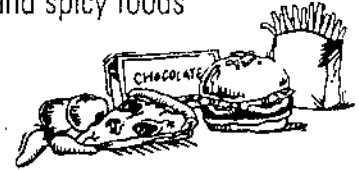
Turn the page for simple lifestyle change suggestions.

# Heartburn Hints

## Make these lifestyle & dietary changes:

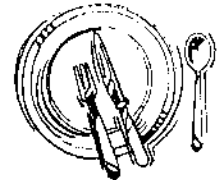
Avoid fried and fatty foods (such as french fries and other fast-food items) and spicy foods

Avoid chocolate (including candy bars, chocolate shakes, cupcakes, etc.)



Avoid coffee, caffeine-containing beverages, and alcohol

Avoid citrus fruits and juices, tomato products (spaghetti sauce), and pepper



Reduce your portions at mealtimes (less food in your stomach may mean less chance for reflux)

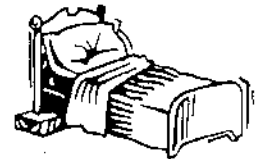
Eat meals 2–3 hours before going to sleep



Lose excess weight if you are overweight, it may lessen your symptoms

Quit smoking (smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux)

Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents into the esophagus (Note: Do not use extra pillows to elevate your head...this can increase pressure on your abdomen)



Avoid tight clothing and belts

