



ADVANCED SPECIALTY CARE P.C.

# Lifestyle Changes That Can Help with Acid Reflux

If you have been diagnosed with acid reflux whether of the esophagus (GERD), or the back of the throat (LPR), or mouth, in addition to various treatment options and medications, there are lifestyle and dietary changes that can help alleviate it.



# Change your lifestyle to include the following:

- Weight loss - being overweight is a major contributing factor to acid reflux
- Avoid going to sleep with a full stomach - once you lie down gravity doesn't help keep acid in your stomach and food in the stomach causes acid production by the stomach for its digestion. Try to allow 3 hours after eating before lying down.
- Elevating the head of your bed - putting a brick under each leg of the head of the bed may help
- Don't eat on the run
- Avoid wearing tight fitting clothing that press on the stomach
- Eat smaller portions more frequently

# Change your diet to avoid or minimize eating certain foods such as:

- Acidic fruit juices (orange, lemon, grapefruit)
- Acidic foods (tomatoes or tomato sauce, vinegar)
- Carbonated drinks
- Fatty foods
- Spicy foods
- Garlic and onions
- Coffee or tea (regular or decaf)
- Chocolate
- Mints
- Alcohol



**By following these steps above along with treatment options prescribed by your doctor, acid reflux can be successfully reduced allowing you to have a healthier more comfortable life.**



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Advanced Specialty Care is a multi-specialty practice of board-certified physician specialists offering the latest state-of-the-art technologies and techniques – all in a welcoming and caring environment. For 30+ years, we've helped tens of thousands of patients... how can we help you?

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