WORKING FOR A HEALTHIER TN

Tips for Managing GERD

Gastroesophageal Reflux Disease

Avoid trigger foods.

Know YOUR trigger foods, which may include chocolate, peppermint, fatty foods, caffeine, alcoholic beverages, citrus fruits and juices, tomato products and/or pepper.

Stop smoking.

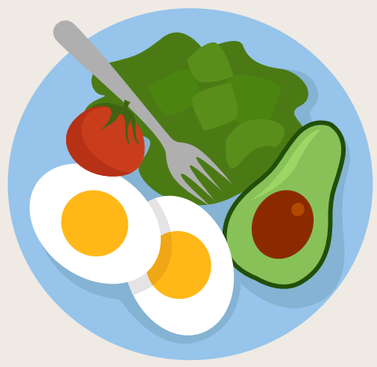
Cigarette smoking weakens the esophagus. Quitting smoking is important to reduce GERD symptoms.

Stay at a healthy weight.

Being overweight often worsens symptoms.

Elevate your head.

Raising the head of your bed on six-inch blocks or sleeping on a specially designed wedge lets gravity lessen the reflux of stomach contents into your esophagus.



Eat smaller servings & eat slowly.

Eating smaller portions may help control symptoms. Try to eat at least two to three hours before bedtime. This allows the acid in your stomach to go down and your stomach to partially empty.

Source: WebMD