

Information about Reflux

Acid reflux occurs when stomach acid redirects into the esophagus or all the way to your larynx (voice box) and pharynx (throat). This can happen with or without feelings of heartburn or indigestion.

You could experience one or more of the following symptoms:

- cough
- throat-clearing
- feeling of a lump in your throat, or something “caught” in your throat
- hoarseness
- sore throat
- difficulty swallowing
- pain or discomfort when you swallow
- bitter or acidic taste in your mouth

You should speak with your physician about whether you might benefit from taking a medication, but you may also find the following suggestions helpful:

Foods to Avoid

carbonated beverages
chocolate
caffeine
mint/menthol
onions
spicy foods/hot sauce
citrus fruits/juices
tomato-based foods
alcohol

Other tips:

Elevate the head of your bed 4 – 6 inches (not just pillows under your head —elevate your torso, too)
Try to avoid eating within an hour or two of bedtime