

Steer Clear of Reflux

Most of us get heartburn from time to time. It may come as a burning sensation in the chest or bitter taste in the back of the throat. Heartburn is one word people use to describe reflux. It happens when stomach contents move back upwards.

Try these tips to reduce episodes and the discomfort of reflux:

Eat smaller meals.

Avoid triggers such as fatty, spicy, acidic foods, and alcohol.

Don't lie down for three hours after a meal.

Raise the head of your bed 6 to 8 inches by putting wood blocks under the bedposts.

For an infant, try **burping frequently during feeding**. Keep the infant upright for 30 minutes after feeding.

If you have reflux twice or more per week, **see your health care provider**.



Have questions about treating reflux? Call a nurse any time of day at the **24/7 Nurseline**: 1-888-315-9473.

This Living Well resource is available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.