

MAIN GASTROENTEROLOGY, P.C.
8201 MAIN STREET – SUITE 4
WILLIAMSVILLE, NEW YORK 14221
(716)632-3577

ANTONINO MANNONE, M.D.

TREATMENT OF GASTROESOPHAGEAL REFLUX DISEASE

Heartburn, a burning sensation behind the breastbone, is a very common symptom. Normally at the junction of the esophagus with the stomach, a special muscle called the lower esophageal sphincter acts as a valve and prevents the entry of stomach contents into the esophagus. When this mechanism is disrupted, acid is allowed to enter the lower part of the esophagus causing heartburn, or sometimes a pressure type discomfort. Many factors may play a role in producing acid reflux, also known as gastroesophageal reflux disease (GERD). However, the most important factors are gravity, the nature and size of the meal, substances that have an effect on the lower esophageal sphincter. The following instructions are useful in decreasing your discomfort and will prove, in the long run, to be beneficial:

Elevate the head of the bed on 4 inch blocks.

Avoid lying down after meals.

Avoid eating late night snacks.

If overweight, lose weight.

Avoid fatty foods and other foods which may cause heartburn.

Avoid chocolate and peppermint

STOP SMOKING

Avoid coffee, tea, alcohol, and carbonated beverages.

