

JUNE 2016 HEALTH TALK

TOPIC: REFLUX DISEASE

Reflux disease also known as heart burn is another common cause of upper abdominal pain. Although similar to peptic ulcer disease, it is a completely different disease entity. It is a non-communicable disease commonly seen in overweight people, particularly women.

The usual complain is upper abdominal pain that is burning in nature but radiates to the lower chest and throat rather than back. There is also a desire to drink cold water to "cool the burn". It is also worsened by lying flat immediately after heavy meals or bending down after eating.

The treatment of this disease begins with lifestyle modification such as;

1. Losing weight
2. Avoiding heavy meals close to bed time.
3. Sitting up for at least three to four hours before lying down after meals

Finally, evaluation and management by a medical professional preferably a gastroenterologist.

CMRS cares!!!