

## Mayo Clinic Minute: Help with heartburn

VIDEO	AUDIO
Dr. Alexander	“Heartburn and regurgitation are the two hallmark symptoms of gastroesophageal reflux disease.”
<b>Jason</b>	Heartburn is a pain under the breastbone, often after eating meals.
<b>Jeffrey Alexander, M.D. Gastroenterology Mayo Clinic</b>	“Some people will feel burning. Some people may just feel pressure or some, like an elephant standing on my chest.”
<b>Jason</b>	Regurgitation is the sensation of liquid coming up from the stomach into the chest and sometimes into the mouth.
<b>Jason</b>	Treatment starts with basic lifestyle adjustments.
<b>Dr. Alexander</b>	“You want to avoid overeating, which is the big trigger.”
<b>Dr. Alexander</b>	“And eating and lying down.”
<b>Jason</b>	Spicy food and other things like chocolate and mint also can cause problems.
<b>Jason</b>	A second step is taking over-the-counter medication.
<b>Dr. Alexander</b>	“That could be an antacid, like Maalox or Tums, that work quite quickly.”
<b>Jason</b>	Or it could be a longer-lasting option like an H2 blocker.
<b>Jason</b>	If heartburn and acid reflux are a frequent issue, you might try a proton pump inhibitor, which will decrease acid production in your stomach for up to 24 hours.
<b>Jason</b>	And if over-the-counter treatments aren’t working, talk to your provider. You may need prescription medication and further testing.
<b>Jason</b>	For the Mayo Clinic News Network, I’m Jason Howland.