

Science in Our Lives

Cooling Off Heartburn

(NAPSA)—Frequent heartburn—defined as two or more episodes per week—affects nearly 30 million Americans, resulting in diet changes and sleep interferences, and increasing the risk of esophageal damage.

Fred Eckel, registered pharmacist and professor at the University of North Carolina's School of Pharmacy, provides these tips for frequent heartburn management:



There are a number of ways to treat frequent heartburn, including over-the-counter medicines.

- **Heartburn-Healthy Eating:** Avoid certain foods that have been linked to frequent heartburn, such as spicy, acidic and fatty cuisines.

- **Forgo Nighttime Snacking:** Avoid eating at least three hours before bedtime and keep your head elevated while sleeping.

- **Manage Stress:** Many heartburn sufferers identify stress as a trigger for symptoms.

- **Avoid Overeating:** Overeating can increase stomach acid production and often triggers frequent heartburn.

- **Use Heartburn Medication:** While an antacid will provide immediate, temporary relief, Eckel says that frequent heartburn sufferers will benefit most from a proton pump inhibitor. Store brand Omeprazole will deliver the same medicine at the same dose as Prilosec OTC, but for less money.

For more information, visit www.treatmyheartburn.com.