

COMMON TRIGGER FOODS

- Food that are oily and high in fats such as fast food, fried food, snacks such as crisps.
- Acidic foods, including citrus fruits such as oranges and lemons, tomatoes, tomato sauce, and vinegars.
- Spicy foods such as chili's and chili powder, raw onions, black pepper.
- Garlic and onions.
- Fizzy drinks.
- Alcohol.
- Caffeine (choose decaf or low acid coffees, do not consume with high fat or full cream milks, limiting to no more than 400mg (4 cups) over 24 hours is less likely to cause harm.



KEEP A DIARY

Track symptoms, trigger foods, food portions, timing of meals and bedtime and smoking to see if there a link with increased symptoms.

For more information, contact us at:



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



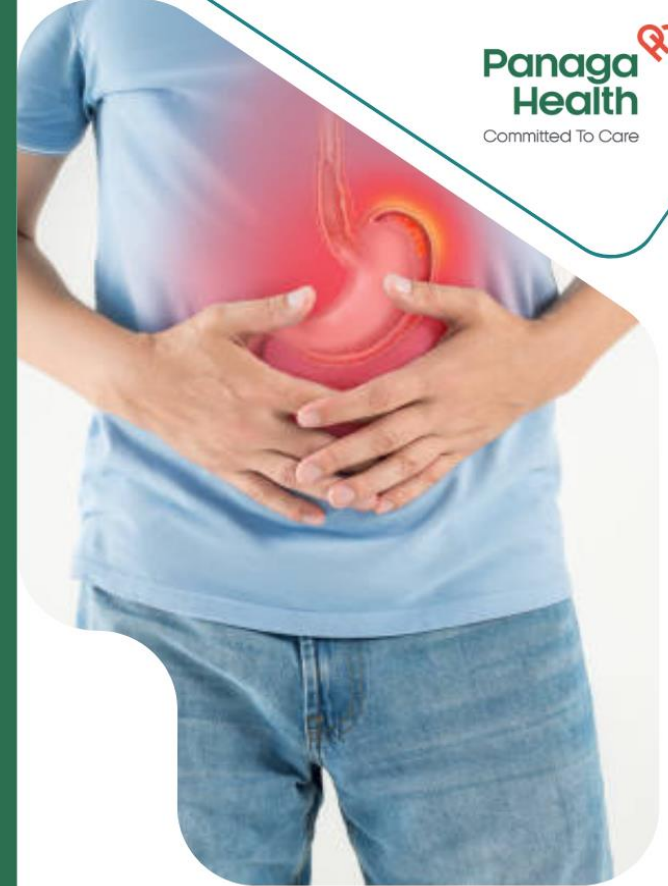
phc@bsp-shell.bn



www.panagahealth.com



[panagahealth](https://www.facebook.com/panagahealth)



DYSPEPSIA

WHAT YOU NEED TO KNOW

WHAT IS DYSPEPSIA?

Dyspepsia, or indigestion, is discomfort, pain or a burning feeling in your upper stomach or abdomen lasting for a few minutes to a few hours after a meal. It is not the same as heartburn which is a more specific pain or burning in the upper chest, however, it is common to get heartburn as a symptom of dyspepsia.

CAUSES

Dyspepsia can be caused by health problems, lifestyle behaviors, or medicines.

COMMON SYMPTOMS

- Bloating
- Early fullness during a meal
- Uncomfortable fullness after a meal
- Acid reflux/heartburn
- Nausea
- Burping



WHEN TO SEE A DOCTOR

Mild indigestion is nothing to worry about. If discomfort last more than 2 weeks consult your doctor.

Contact your doctor right away if the pain is severe or accompanied by any of the following:

- unintentional weight loss
- repeated vomiting/vomiting with blood
- black tarry stools

Seek emergency medical care if you have the following:

- shortness of breath, chest pain or pain radiating to the jaw, neck or arms
- chest pain when active or stressed

TREATMENT OPTIONS

- Avoid skipping meals and trigger foods.
- Over the counter medications like Gaviscon and antacids.
- Your doctor may prescribe other medications if needed.

PREVENTION TIPS

- **Manage stress.** Practice deep breathing, yoga, and relaxation to reduce stress. Counselling with your health care provider or a psychologist can be helpful for other stress management tips.
- **Do not eat too close to bedtime.** It is recommended that you stop eating 3-4 hours before bed.
- **Do not lie down right after eating.** Wait at least 3 hours. When you lie down, digestion is not easy for the body and acid from the stomach can flow into the esophagus, causing discomfort.
- **Do not eat too quickly.** Eating too quickly does not allow time to feel full and results in overeating.
- **Watch your portion sizes.** Aim to eat three appropriately sized meals daily. Large meals expand your stomach. This can lead to feelings of extreme fullness and feeling bloated. Skipping meals can also result in overeating at the next meal.
- **Weight Loss.** Carrying extra body weight puts more pressure on the abdomen which can increase symptoms of indigestion
- **Exercise.** Can help with better food digestion, stress management and weight loss.
- **Quit or reduce smoking/vaping.** It can weaken the sphincter which then allows stomach acid to leak into the esophagus. Smoking also reduces the amount of bicarbonate present in your saliva. Bicarbonate is acid-neutralizing.