

## HEARTBURN – ACID REFLUX

Compiled by Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

Frequently medications prescribed for ailments or combinations of medications result in the patient experiencing Heartburn/Acid Reflux.

Anyone experiencing acid reflux should also determine those foods and drinks they consume that are more likely to cause this problem.

Your doctor will likely recommend over-the-counter/OTC ranitidine/Zantac or OTC omeprazole/Prilosec if not considered a more serious problem.

If this becomes a constant problem, a gastroenterologist would likely recommend undergoing an endoscopy - a diagnostic procedure in which a lighted, flexible tube is inserted through the mouth and down the throat to visualize the upper gastrointestinal tract to make sure all is well "on the way down."

Important, too, is to not lie down, like on the couch or way back on a recliner, after eating. Also avoid any "snack" at bedtime that could cause acid reflux. And, if having this acid reflux problem when in bed, get yourself propped up with pillows or whatever to keep your throat/head elevated to help "keep the stuff down."