

Vital Information:

A burning sensation in the upper stomach, below the breast bone. Can be due to acid from the stomach or could be because of side effect of some drugs.

Call your doctor immediately if:

1. Frequent relapses
2. Vomiting with or without blood
3. Stools are black
4. If burning sensation is accompanied by pain
5. Difficulty in swallowing

Prevention is better:

1. Avoid alcohol
2. Avoid caffeine rich drinks (tea, coffee)
3. Avoid carbonated drinks
4. Avoid spicy foods
5. Avoid chocolate
6. Avoid tomato
7. Avoid peppermint
8. Do not eat lying down
9. Avoid exercises after eating
10. Drink a lot of fluids