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## Gastroesophageal Reflux Education Sheet

- **Causes**
  - Increased body weight causes increased pressure on the abdomen
  - Diet
    - Processed foods
    - Fatty foods
    - Foods high in sugar
  - Eating too fast
  - Eating late at night and then lying down
- **Symptoms**
  - Burning in the middle of your chest usually 1-2 hours after eating
  - Asthma exacerbations
  - Cough which you cannot figure out the cause
- **Non-pharmacologic treatment**
  - Diet
    - Fiber
      - Increasing dietary fiber helps the stomach empty faster
        - Plant based diet is the best way to increase fiber
        - Fiber supplements can also help
    - Decrease the amount of processed food consumed
    - Decrease amount of spicy foods consumed
    - Decrease greasy, fried, fatty foods
    - Eat slower during meals
    - Do not eat after 6 pm
  - Wear loose non constricting clothing
  - Exercise
    - Take a walk after you eat