



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

WHAT IS ACID REFLUX?

Acid reflux is a common symptom where stomach contents come back up into your esophagus. Having acid reflux occasionally is common. Acid reflux that occurs more than twice a week for a few weeks could be Gastroesophageal Reflux Disease (GERD). GERD can lead to more serious health problems over time. Complications of GERD may include esophagus inflammation or stricture, and respiratory problems such as coughing, asthma, or chest congestion. If you think you have GERD, you should talk with your doctor.

WHAT ARE THE SYMPTOMS OF ACID REFLUX?

The most common symptom of acid reflux is a regular heartburn, which is a painful, burning feeling in your chest and in the middle of your abdomen. Not all adults with acid reflux have heartburn.

Other common acid reflux symptoms may include:

- Breath odor
- Nausea
- Nighttime Cough
- Pain in your chest or the upper part of your abdomen
- Problems in swallowing or painful swallowing
- Respiratory problems
- Vomiting
- Voice hoarseness
- Tooth wear or tooth substance loss

WHAT ARE THE CAUSES OF ACID REFLUX?

Anyone can have acid reflux, some for unknown reasons. The causes of acid reflux might include:

- Increased pressure on your abdomen from being overweight, obese, or pregnant
- Certain medicines, including some medicines that are used to treat asthma, high blood pressure, allergy, depression, and pain
- Smoking, or inhaling secondhand smoke

Sources:

- National Institute of Diabetes and Digestive and Kidney Diseases
- UpToDate.com

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



WHEN SHOULD I SEEK A DOCTOR'S HELP?

You should see a doctor if you have persistent acid reflux symptoms that do not get better with over-the-counter medications or change in your diet. Call a doctor right away if you have any of the following problems :

- Have regular projectile or forceful vomiting
- Vomit fluid that is
 - green or yellow
 - looks like coffee grounds
 - contains blood
- Have problems breathing after vomiting
- Have pain in the mouth or throat when you eat
- Have problems swallowing or painful swallowing (feeling that food gets “stuck”)
- Choking

CONTROL AND PREVENTION

You may be able to minimize symptoms by:

- Avoiding foods and drinks that can trigger acid reflux. Common triggers include fatty or fried foods, spicy foods, tomato products, alcohol, chocolate, mint, garlic, onion, and caffeine
- Eating small, frequent meals instead of three large meals
- Avoid eating 2 to 3 hours before bedtime
- Weight control
- Elevation of head of bed
- Quitting smoking and avoiding secondhand smoke
- Taking medicines as suggested by your provider



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甚麼是胃酸倒流?

胃酸倒流是胃內容物逆流回到食道的常見症狀。偶爾有胃酸倒流是常見的。每週發生兩次以上持續數週的胃酸倒流可能是胃食管反流疾病 (GERD)。隨著時間的推移, GERD 會導致更嚴重的健康問題。GERD 的並發症可能包括食道炎症或狹窄, 以及呼吸問題, 如咳嗽、哮喘、或胸悶。如果您認為自己患有 GERD, 您應該諮詢您的醫生。



胃酸倒流有甚麼症狀?

胃酸倒流最常見的症狀是經常性胃灼熱, 這是一種在您的胸腹中間的疼痛、灼熱的感覺。並非所有胃酸倒流的成年人都有胃灼熱的症狀。其他常見的胃酸倒流症狀可能包括:

- 口臭
- 噁心
- 夜間咳嗽
- 胸部疼痛或腹部上部疼痛
- 吞嚥困難或痛苦
- 呼吸系統有問題
- 嘔吐
- 聲音嘶啞
- 牙齒磨損或牙質流失

胃酸倒流是甚麼造成的?

任何人都可能有胃酸倒流, 有些原因不明。胃酸倒流的原因可能包括:

- 因超重、肥胖、或懷孕導致腹部承受的壓力增加
- 服用某些藥物, 包括一些用於治療哮喘、高血壓、過敏、抑鬱、和疼痛的藥物
- 吸煙或吸入二手煙

資料來源:

- National Institute of Diabetes and Digestive and Kidney Diseases
- UpToDate.com

我甚麼時候應該尋求醫生的幫助?

如果您有持續的胃酸倒流症狀, 並且通過服用非處方藥或改變飲食方法也無法好轉, 您應該去看醫生。

如果您遇到以下任何問題, 請立即就醫:

- 經常噴射性嘔吐或強力嘔吐
- 嘔吐液是
 - 綠色或黃色的
 - 看起來像咖啡渣
 - 含有血液
- 嘔吐後呼吸困難
- 吃東西時口腔或喉嚨疼痛
- 吞嚥困難或吞嚥痛苦 (感覺食物“卡住”)
- 窒息

控制與預防

您可以通過以下方法讓症狀減到最輕:

- 避免可能引發胃酸倒流的食物和飲料。常見的誘因包括肥膩或油炸的食品、辛辣食品、番茄製品、酒精、巧克力、薄荷、大蒜、洋蔥和咖啡因
- 少吃多餐, 而不是吃三次大餐
- 避免在睡前 2 至 3 小時進食
- 控制體重
- 墊高床頭
- 戒煙並避免二手煙
- 按照醫生的建議服用藥物

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