

Antireflux measures (THESE ARE CRUCIAL)

- Eat slowly, take small bites and chew food extensively well.
- Avoid eating within 4 hours and drinking, EVEN WATER, within 2 hours of lying down.
- Take all pills at least 2 hours prior to lying down. If mouth dry in evening or during night, gargle with water and spit out.
- Focus on eating 4-5 fist sized meals daily and Avoid drinking more than a cup of fluid when eating meals. Drink fluids in between meals to stay well hydrated.
- Avoid drinking fluids or eating within 2 hours of exercise.
- Minimize intake of Citrus, Tomato sauce or juice, Coffee, Tea, Alcohol, Soda, Greasy or fried foods and Chocolate.
- Try to breathe more through abdomen than chest.
- Try to sleep more on left side

- Take Omeprazole or another Proton Pump Inhibitor at least 30 minutes prior to dinner on empty stomach and don't eat for 30 minutes. Recent studies show an increased risk of osteoporosis in pts taking Proton Pump Inhibitor likely due to inhibition of calcium absorption by low acid in stomach. There is also risk of lower Magnesium levels. I suggest Patient minimize use of Proton Pump Inhibitor as much as possible by following antireflux measures. Patient should supplement with Calcium + Magnesium 1-2 in mid morning and mid afternoon and take Daily Vitamin D 1000 mg as well. Patient should have yearly Magnesium, Calcium and Vit D levels through Primary Doctor and have DEXA bone mineralization study through Primary doctor every 2 years to follow bone density