

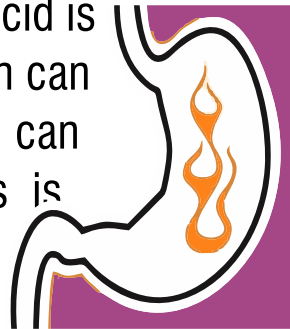
# **HYPER ACIDITY, STOMACH ULCER & ACID REFLUX**

**What You  
Should Know** 



# STOMACH ACID

Stomach acid also known as gastric acid is one of the ways that the stomach digests the food you eat. The main component of stomach acid is hydrochloric acid. Sometimes your stomach can produce too much stomach acid, which can lead to several unpleasant symptoms this is called **Hyper acidity**.



## Excess stomach acid can be caused by a number of factors including:

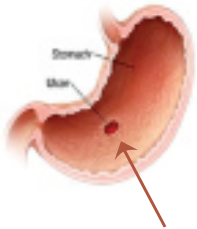
- A rare condition of tumor in the intestine (Zollinger-Ellison syndrome),
- Bacterial infection of the stomach (Helicobacter Pylori) or
- Obstruction of the flow of gastric acid from the stomach to the intestine.

Sometimes however, a specific cause of high stomach acid can't be identified.

## Side effects of high stomach acid

Having high levels of stomach acid can increase your risk of developing other stomach-related health conditions such as:

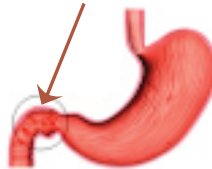
**Peptic ulcer**



**Gastroesophageal  
reflux disease  
(GERD)**



**Gastrointestinal  
bleeding**



# STOMACH ULCER

Stomach ulcers are sores or wounds that can develop when stomach acid begins to eat away at the lining of your stomach. They are also called peptic ulcers.

The most common symptom of a peptic ulcer is burning abdominal pain that extends from the navel to the chest, which can range from mild to severe. In some cases, the pain may wake you up at night.



## There are three types of stomach ulcers:

### Gastric ulcers:

Ulcers that develop inside the stomach

### Esophageal ulcers:

Ulcers that develop inside the esophagus closer to the neck region

### Duodenal ulcers:

Ulcers that develop in the upper section of the small intestines, called the duodenum

## Causes of stomach ulcer

Different factors can cause the protective lining of the stomach, the esophagus, and the small intestine to break down. These include:



- Helicobacter pylori (H. pylori), a type of bacteria that can cause a stomach infection and inflammation



- Frequent use of some type of painkillers called NSAIDs. e.g., aspirin, ibuprofen, and other anti-inflammatory drugs



- Smoking



- Drinking too much alcohol



- Radiation therapy



- Stomach cancer



# ACID REFLUX

Acid reflux happens when contents from your stomach move up into your esophagus. It's also called acid regurgitation or gastroesophageal reflux.

If you have symptoms of acid reflux more than twice a week, you might have a condition known as **Gastroesophageal Reflux Disease (GERD)**.

Acid reflux can cause an uncomfortable burning feeling in your chest, which can radiate up toward your neck. **This feeling is often known as Heartburn.**

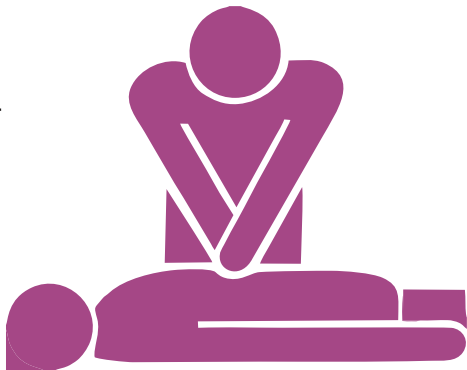
If you have acid reflux, you might develop a sour or bitter taste at the back of your mouth. It might also cause you to regurgitate food or liquid from your stomach into your mouth.

In some cases, **GERD** can cause difficulty swallowing. It can sometimes lead to breathing problems, like a chronic cough or asthma.

## HOW DOES ACID REFLUX HAPPEN?

The Lower Esophageal Sphincter (**LES**) is a circular band of muscle at the end of your esophagus. When it's working properly, it relaxes and opens when you swallow. Then it tightens and closes again afterwards.

Acid reflux happens when your **LES** doesn't tighten or close properly. This allows digestive juices and other contents from your stomach to rise up into your esophagus.





## What are the risk factors of GERD?

Certain conditions can increase your chances of developing GERD, **including**:



Obesity



Pregnancy

Some lifestyle behaviors can also raise your risk of GERD, including:



Smoking



Eating large meals



Lying down or going to sleep shortly after eating



Eating certain types of foods, such as deep fried or spicy foods



Drinking certain types of beverages, such as soda, coffee, or alcohol



Using nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin or ibuprofen

## Can my diet cause GERD?

In some people, certain types of foods and beverages trigger symptoms of GERD.

**Common dietary triggers includes:**

**High-fat Foods | Spicy foods**

**Chocolate | Citrus fruit | Soda**

**Tomato | Onion | Garlic | Mint**

**Alcohol | Coffee**

**Pineapple | Tea**



# There are some lifestyle changes and home remedies that may help relieve GERD symptoms.

For example, it might help to:

Quit smoking

Avoid lying down after eating

Lose excess weight

Avoid foods and drinks that trigger your symptoms

Eat smaller meals


Avoid wearing tight clothing

Chew gum after eating

Practice relaxation techniques

# How do I treat

## **HYPER ACIDITY, STOMACH ULCER AND ACID REFLUX**



If you have persistent symptoms of heartburn, peptic ulcer, or acid reflux, you should visit a pharmacist or doctor to find out exactly what your condition is, so that treatment can follow.



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