

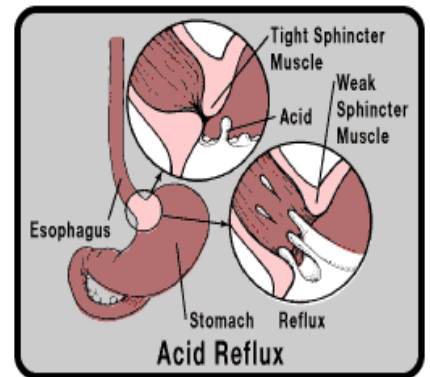
Heartburn

Heartburn, also known as acid indigestion, is a burning sensation in the chest or throat. The pain associated with heartburn occurs when stomach acid comes into contact with and irritates the lining of the esophagus. It has NOTHING to do with the heart – it is a digestive problem. It is a common symptom of Gastroesophageal Reflux Disease (GERD). Heartburn occurring more than twice a week may be considered GERD, and it can lead to more serious health problems. You may experience one or more of the follow symptoms:

- A burning chest pain that starts from the heart area and moves up toward the throat
- A feeling that food is coming back into the mouth
- An acid or bitter taste at the back of the throat
- An increase in pain severity when lying down or bending over

Cause of heartburn

The lower esophageal sphincter (LES) is a muscle located at the bottom of the esophagus and acts as a valve. The LES opens to let food enter the stomach and then closes to keep the stomach contents from returning up to the esophagus. When the LES weakens, stomach acid flows backward into the esophagus and causes heartburn.



Common factors that may cause heartburn or symptoms of GERD;

- Citrus fruits and their juices, chocolate, peppermint, spearmint, tomatoes or tomato products, raw onions, garlic, black pepper, vinegar, and fatty or spicy foods.
- Beverages that are caffeinated &/or carbonated and alcoholic beverages. This includes coffee and soda.
- Eating large portions of food at one time.
- Eating late night snacks shortly before going to bed.
- Being overweight.
- Stress
- Pregnancy
- Hiatal Hernia- a condition in which a portion of the stomach protrudes upward into the chest through an opening in the diaphragm.
- Certain medications: Non-nucleoside analogs (non-nukes) and protease inhibitors (PIs) for HIV treatment are noted to have caused intestinal discomfort and/or vomiting. Recurrent vomiting may loosen the muscle valve and increase the likelihood of heartburn.
- Some medications to treat high blood pressure, heart disease, depression, insomnia or anxiety, and asthma
- Smoking. Tobacco may stimulate stomach acid production.

Complications of Long-Term Heartburn: Heartburn can disrupt sleep and make eating difficult. Chronic acid injury can lead to respiratory infections, scarring of the lower esophagus, ulcers, and even esophageal cancer.

Preventing heartburn: All treatments are offered to decrease the amount of acid backflow or to make the stomach content less irritating to the lining of the esophagus. Treatment options include:

For more information or to sign up for a nutrition class call:

Janelle L'Heureux MS RD: 213-201-1556 jlheureux@apla.org or go to www.apla.org & click on Calendar. APLA copyright © 2006. For persons with disabilities, reasonable accommodation may be provided upon request. Please call 213-201-1582 TTY (for voice, call California Relay Service first at 711, then give operator the TTY number) at least 5 working days in advance to ensure availability.

Lifestyle and Dietary Modifications (Preferred Approaches)

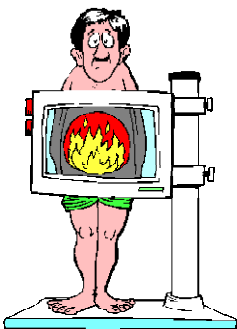
- Avoid foods and beverages that may induce heartburn
- Avoiding eating 2-3 hours before sleep
- Keep your upper body up-right 1-2 hours after eating
- Raise the head of your bed 6-8 inches when sleeping
- Avoid tight fitting clothes
- Do not over eat – stop before you are full
- Stop smoking
- Lose weight if overweight

Medications

Over-the-counter (OTC) medications are available to treat heartburn. However, many of them have been found to interact with HIV medications, in most cases decreasing their effect. Below is a brief reminder of how to prevent adverse interactions. <http://aids.about.com/od/generalinformation/a/heartburn.htm>

- Lexiva, Crixivan, and Rescriptor should be taken at least 1 hour apart from antacids such as Maalox and Tums. Reyataz should be taken 2 hours before or 1 hour after antacids.
- Crixivan and Rescriptor should not be taken with acid suppression agents (H2 blockers) such as Pepcid, Tagamet, and Zantac. They can be taken 12 hours after taking Reyataz and use with caution when taking Lexiva.
- Crixivan, Rescriptor, and Reyataz, should not be taken with proton pump inhibitors such as Nexium, Prevacid, and Prilosec. Use with caution when taking Lexiva.

If you are taking any medications for heartburn, either prescription or over-the-counter, notify your doctor before starting any HIV medication regimen or changing regimens.



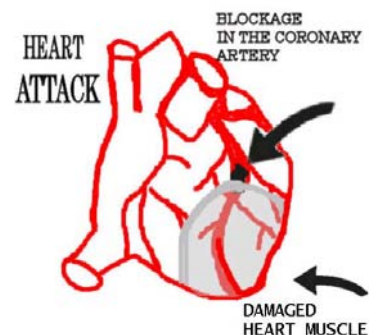
Key Points to Remember

- Don't ignore frequent heartburn — instead consult with your physician.
- Heartburn is a common condition. Timely treatment is recommended to achieve early symptom resolution.
- If you are self-medicating for heartburn two or more times a week, or if symptoms remain with the use of OTC or prescription medication, you need to see a doctor and perhaps be referred to a gastroenterologist.

How Heart Attack Differs From Heartburn?

A heart attack occurs when the blood supply to part of the heart muscle is restricted or stopped, usually by blocked or narrowed arteries. Get help fast if you experience any of these signs:

- intense pressure or crushing pain in the chest that may extend into the arms, neck or back
- moderate chest pain, tightness, pressure or vague discomfort
- feeling faint, dizzy or weak
- difficulty breathing or swallowing
- a feeling of severe indigestion that doesn't go away after taking an antacid



Resources: <http://digestive.niddk.nih.gov/ddiseases/pubs/gerd/>

http://www.medicinenet.com/gastroesophageal_reflux_disease_gerd/article.htm

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