Patients with acidity should avoid chocolates and peppermints

Certain foods and lifestyle practices can worsen acid reflux, it is important to be aware of them.

New Delhi, Nov 26, 2016: Persistent acidity is usually due to reflux of acid from the stomach into the food pipe due to a faulty valve condition where the separation between stomach and esophagus contents. Acid reflux can redirect stomach acid the wrong way that is, up your esophagus. The burning sensation resulting from such a reflux can be known as heartburn.

The main symptoms of an acid reflux disease are difficulty in swallowing, dental erosion, sore throat and burning sensation in upper abdomen.

“Mild cases of acidity reflux can usually be managed with lifestyle and dietary modifications along with antacids, H2 blockers and proton pump inhibitors (PPIs). However, patients in whom lifestyle management along with empirical treatment is unsuccessful or who have symptoms suggestive of complicated diseases should undergo endoscopy to rule out cancer of the food pipe, a condition linked with persistent acidity. Loss of appetite, loss of weight and difficulty in swallowing food, bleeding and signs of systemic illness in these patients suggest complications”, said Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA) said.

Hurry, worry and curry are the three main factors for causing acidity apart from alcohol and smoking. People with acidity should consume less of fermented, sour, salty and pungent foods.

“Lifestyle changes for reflux involve elevation of head and of the body, avoidance of food before sleep and avoidance of food, which relaxes the food pipe valve. The examples of such foods include fatty food, chocolates, peppermint and excessive intake of alcohol. Peppermint can relax the muscle between the stomach and esophagus and lead to acid reflux, the same is true with mint tea as well. Chocolate also exhibits sphincter-relaxing properties”, added Dr. K.K Aggarwal.

Following are some general tips to prevent acid reflux diseases:

1. Lose weight
2. Take smaller but frequent meals
3. Don’t lie down immediately after eating
4. Avoid acidic and effervescent foods
5. Quit smoking and alcohol
6. Take a walk after a heavy meal
7. Wear lose fitting clothes and avoid tight belts that can constrict your stomach

- Ends -
About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India

Sanjeev Khanna-9871079105
Md Adib Ahmed- 9873716235
Email- media.hcfi@gmail.com