



## WHY BELCHING HAPPENS? HOW TO PREVENT?

Belching is caused by swallowed air from:

- Eating or drinking too fast
- Poorly fitting dentures; not chewing food completely
- Carbonated beverages
- Chewing gum or sucking on hard candies
- Excessive swallowing due to nervous tension or postnasal drip
- Forced belching to relieve abdominal discomfort

To prevent excessive belching, avoid:

- Carbonated beverages
- Chewing gum
- Hard candies

Simethicone may be helpful

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