



## 5 TIPS ON SWALLOWING AND HEARTBURN

1. Abnormal swallowing is commonly perceived as food "sticking on the way down." If this complaint persists, it is sometimes due to a serious condition and should always prompt medical attention.
2. Swallowing difficulty may be caused by a number of different problems including: Poor or incomplete chewing (possibly the result of dental problems, poorly fitted dentures, or eating too quickly), abnormal muscle contraction, scar tissue from chronic inflammation, infection or cancer.
3. Heartburn is a very common problem caused by regurgitation or reflux of gastric acid into the oesophagus, which connects the mouth and the stomach.
4. Heartburn can often be eliminated by avoiding: Smoking, fatty food in the diet, caffeine, chocolate, peppermint, overeating, bed-time snacks, tight-fitting clothes that constrict the abdomen, certain medications, heavy lifting, straining.
5. It is important to consider the possibility of heart disease before attributing any kind of chest pain to gastroesophageal reflux.

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