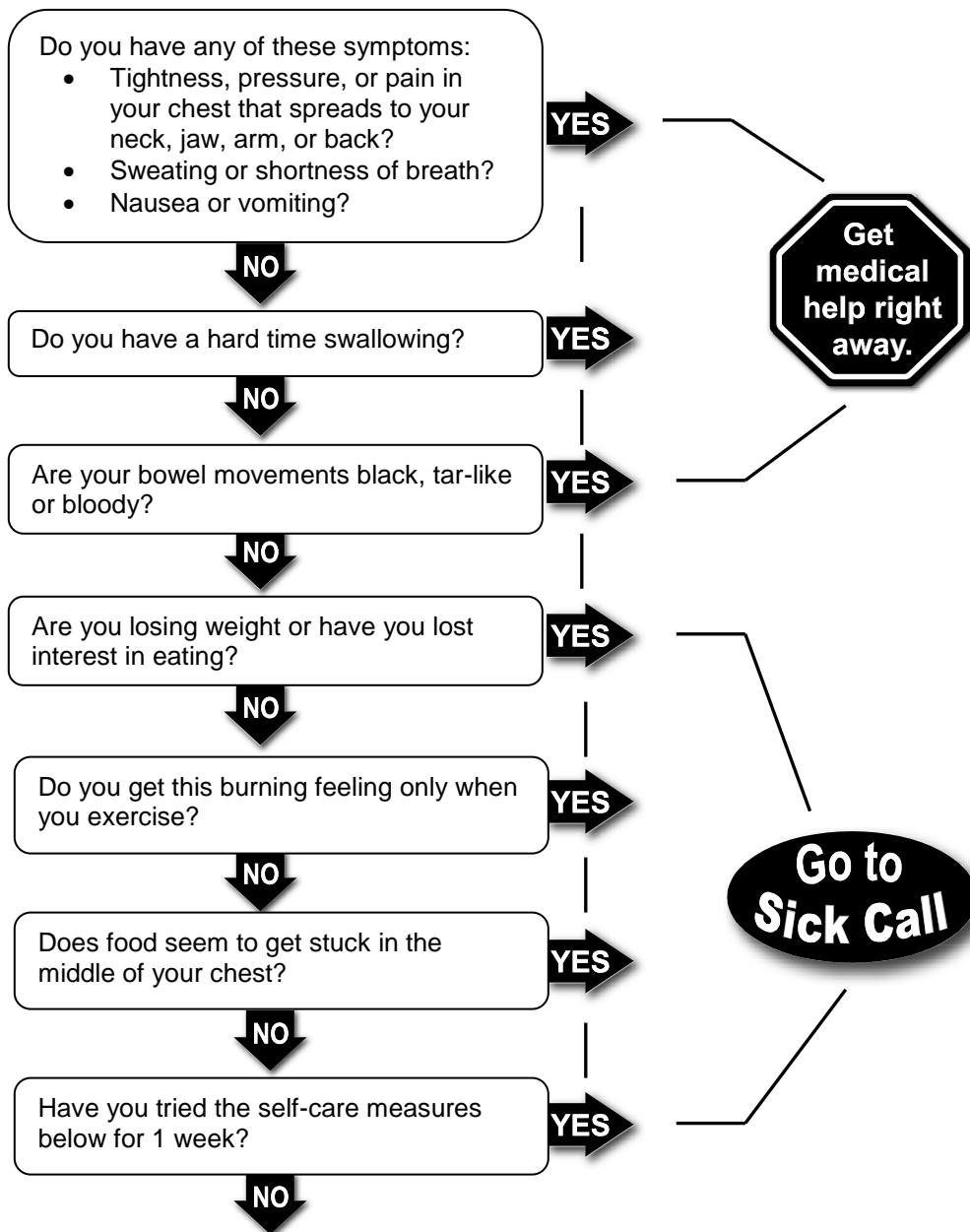


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

## Self-care Instructions for Heartburn

Heartburn is a burning feeling in your throat or chest. It usually happens after you eat or when you bend over or lie down. Heartburn can be caused by certain foods you eat, some medicines, and stomach ulcers. Heartburn is also made worse by drinking alcohol, smoking, stress, and being overweight. If you think you have heartburn, use this symptom evaluation chart.



## Heartburn - continued

Use self-care measures:

- Avoid foods or drinks that may cause heartburn.
  1. Acidic foods such as grapefruit, oranges, tomatoes, vinegar, catsup or mustard
  2. Spicy foods
  3. Fatty or fried foods
  4. Alcohol or drinks with caffeine and/or carbonation
  5. Chocolate or mint
- Eat smaller meals.
- Sit straight while eating. Stand up or walk after you eat.
- Eat slowly and chew your food. Meals should last 15 – 30 minutes.
- If heartburn bothers you at night, eat meals 2 to 3 hours before sleep. Raise the head of your bed 6 inches.
- Take an over-the-counter antacid as directed.

**Go to sick call if the symptoms have not cleared up in 1 week. Follow the chart if you get any of the symptoms listed.**