

THE WAYS FOR CONTROL REFLUX DESEASE?

- Avoid fat, chilly and roested food
- Avoid cofeine, chocolate, alcohol, agrums, tomatoes, milk with high percentage of fats
- Eat in small meals food reach with proteins and carbohydrates
- Do not eat tree hours before sleep
- Reduce weith if it is necessary
- Do not wear tight clothes
- Avoid activities wich increase preasure on the stomach (sleep on a side and bending)
- Lift your pillow for 45 degrees
- Reduce or stop smoking
- Reduce or stop drinking alcohol
- Take antacids as they prescribed

Yours,

MEDKOM

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