## Mayo Clinic Minute: Help with heartburn

**VIDEO**

Dr. Alexander  
“Heartburn and regurgitation are the two hallmark symptoms of gastroesophageal reflux disease.”

Jason  
Heartburn is a pain under the breastbone, often after eating meals.

Jeffrey Alexander, M.D.  
Gastroenterology  
Mayo Clinic  
“Some people will feel burning. Some people may just feel pressure or some, like an elephant standing on my chest.”

Jason  
Regurgitation is the sensation of liquid coming up from the stomach into the chest and sometimes into the mouth.

Jason  
Treatment starts with basic lifestyle adjustments.

Dr. Alexander  
“You want to avoid overeating, which is the big trigger.”

Dr. Alexander  
“And eating and lying down.”

Jason  
Spicy food and other things like chocolate and mint also can cause problems.

Jason  
A second step is taking over-the-counter medication.

Dr. Alexander  
“That could be an antacid, like Maalox or Tums, that work quite quickly.”

Jason  
Or it could be a longer-lasting option like an H2 blocker.

Jason  
If heartburn and acid reflux are a frequent issue, you might try a proton pump inhibitor, which will decrease acid production in your stomach for up to 24 hours.

Jason  
And if over-the-counter treatments aren’t working, talk to your provider. You may need prescription medication and further testing.

Jason  
For the Mayo Clinic News Network, I’m Jason Howland.