

## **Sending reflux back where it belongs**

Run time - :32

**ANCHOR LEDE:** Reflux is a condition that's painful in mild cases and can mean surgery in advanced cases. But changing your lifestyle is the easiest way to prevent reflux. Tim Ditman of OSF HealthCare has more.

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Tips include:

- Don't eat after 6 p.m.
- Avoid excess fatty food, nicotine, caffeine and alcohol.
- Exercise.
- Sleep on an incline with your head above the rest of your body.

More advanced cases of reflux may require medicine or surgery, says OSF surgeon Doctor Greg Ward.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Greg Ward, OSF HealthCare surgeon**

**"We wrap the stomach a bit around the esophagus to keep food from going back up into the esophagus when it shouldn't." (:09)**

I'm Tim Ditman.

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**ANCHOR TAG:** One important note if you have surgery: no more soda. That's because burping can undo the surgery.