

Sending reflux back where it belongs

ANCHOR LEDE

Reflux is an ailment that's painful and annoying in mild cases and can necessitate surgery in advanced instances. But changing your lifestyle is the easiest way to prevent reflux.

TAKE VO

Tips include:

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

More advanced cases may require medicine or surgery.

SOT

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)

VO TAG

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