Eat small, more frequent meals.
Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
Elevate the head of your bed a few inches or use a wedge-shaped pillow.
Maintain a reasonable weight.
Relax and manage stress.
Take asthma medications consistently.

Tips for Managing Asthma and GERD

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Don’t
- Eat two to three hours before bedtime.
- Wear belts or clothes that are tight fitting around the waist.
- Smoke.

GERD can make asthma symptoms worse
Asthma symptoms can irritate the lining of the throat, airways and lungs

What’s the Connection Between Asthma & Gastroesophageal Reflux Disease (GERD)?

70% of all people with asthma also have Gastroesophageal reflux disease

Eating
Shortness of Breath
Sour Taste
Burping
Heartburn

Stomach contents flow back into the esophagus and may cause heartburn, burping or a sour taste in the mouth, or no symptoms (silent reflux)

Stomach contents can irritate the lining of the throat, airways and lungs

Asthma May Be Related to GERD When:
- Asthma symptoms follow a large meal
- Asthma symptoms are worse during sleep
- You have frequent coughing
- Asthma does not respond to asthma medications
- Your asthma is not well controlled

Treating GERD can improve asthma symptoms
Asthma and some asthma medications may aggravate GERD symptoms

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Break the Cycle Today

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