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DIET AND GASTROINTESTINAL HEALTH
ACID REFLUX AND COLON CANCER
ACID REFLUX DISEASE

- Heartburn – a painful burning in the chest or upper abdomen
- Chest pain – especially when lying down or at night
- Hoarseness or sore throat
- Bitter or acid taste in the mouth
- Burning in the back of the throat
- Trouble swallowing or feeling like food is getting stuck
- Frequent burping

SIGNS OF ACID REFLUX
SYMPTOM HISTORY

- When did the symptoms start
- What triggers the symptoms
- How long do the symptoms last
RISK FACTORS

- Being overweight
- Drinking alcohol
- Stress
- Pregnancy
- Hiatal hernia – when your stomach pushes up into the chest
- Medications
HOW IT HAPPENS

Normal

Hiatal Hernia
Hiatal Hernia
COMPLICATIONS

- **Bleeding** or development of **ulcers** (sores) in the esophagus
- **Narrowing** of the esophagus –which makes it difficult to swallow and food does not pass easily
- Development of **Barrett’s** esophagus
Barrett’s Esophagus

Normal esophagus

Normal lower esophagus: Sphincter holds acid in stomach

Diaphragm

Esophagitis: Inflammation caused by acid in stomach

Barrett’s esophagus: Acid backing up from stomach changes esophagus lining

Hiatal hernia: Stomach bulging above diaphragm

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TREATMENT GOALS

- Relief of symptoms
- Prevent damage to the esophagus
- Reduce the risk of serious complications
TREATMENT!

- Antacids – Immediate relief
  - Reduce symptoms once they start
  - They do not prevent damage
  - Can cause diarrhea or constipation

- H2 Blockers – Pepcid, Axid, Zantac, Tagamet
  - Limit the amount of acid made by the stomach
  - Give longer relief than antacids
  - They don’t act quickly
  - They help heal the damaged esophagus

- Proton Pump Inhibitors – Prilosec, Protonix, Aciphex, Nexium, Dexilant
  - Block the production of acid by the stomach
  - Help heal the damaged esophagus
  - Prevent symptoms from recurring
DIET

- Skip large meals and evening meals
- Eating large meals puts pressure on the lower esophageal sphincter
- Eating to close to bedtime increases the chance of acid backing up into the esophagus when you lie down
- Make lunch the main meal and eat a light dinner at least two hours before bedtime
- Skip late night snacks
- Stop smoking – Tobacco increases acid production
- Lose extra weight
- Reduce anxiety and stress
Colon Health

- Avoid fried and fatty foods
- Reduce red meat consumption
- Increase fiber and green leafy vegetables
- Drink at least eight 8 ounces of water daily
COLON CANCER SCREENING

- Colonoscopy at age 50
- Colonoscopy ten years earlier than the proband if a first degree relative had colon polyps or cancer
WARNING SIGNS

- Persistent abdominal pain
- Change in bowel habit
- Blood in the stool
- Unintentional weight loss