

Rabeloc - Heartburn Myths

There are several myths around heartburn. From being treated with home remedies to eating habits to lifestyle changes. There's a lot of information that can be true or not.

But it is essential for us to know if the information received is true or not as it could harm us more than it could help in treating. By knowing the truth behind these common heartburn myths, you can have a better understanding of how to treat and manage heartburn, the dos and don'ts during the time of burning sensation and more.

Thus, here are a few heartburn myths that could help you in the best way possible.

Common Heartburn Myths

Myth 1: Home remedies are not effective to ease heartburn

While there is no concrete evidence that shows natural remedies and traditional medical interventions ease reflux, many people found it to be effective as a temporary relief. There are a few food items that people believe to ease heartburn and acid reflux.

Myth 2: You can use OTC drugs unmonitored

Several medicines that are believed to ease heartburn and reflux. But, those OTC drugs may provide temporary heartburn relief. To ease heartburn and prevent reflux, it is advisable to consult your doctor and get proper medication. Your doctor may prescribe a proton pump inhibitor drug to ease heartburn. Ensure you use the prescribed drug as suggested by the doctor and inform your doctor if those drugs do not relieve symptoms.

Myth 3: Only spicy food causes a burning sensation in the chest

Although spicy food is one of the reasons behind reflux, its causes varies from person to person. Some people may experience a burning sensation due to caffeinated drinks, carbonated drinks or juices. People may also experience burning sensations in their chest due to alcohol consumption and smoking. It is essential that you know what triggers heartburn in you and avoids such consumable items.

Myth 4: Milk help ease heartburn

Milk is one of the home remedies used to ease heartburn. However, it is believed that Cow's milk is more likely to produce more acid in the stomach, triggering reflux or worsen heartburn. Thus, it is better to avoid dairy products to ease heartburn. To help you with more, you can always take your doctor's help who can guide you on what is best to ease heartburn.

Myth 5: heartburn is the sign of heart conditions or attack

There might be times when you experience chest pain, and you wonder if it is heartburn or heart attack? Although both conditions have similar signs and chest pain, heartburn is the reason for the acid flowing into your food pipe. However, if you feel the chest pain is causing extreme pain, contact your doctor immediately.

Heartburn is one of the common conditions experienced by people globally. However, if you experience a burning sensation for more than two days, it can be a sign of gastroesophageal reflux disease (GERD). Thus, it is always best to consult your doctor and get the proper medication to ease heartburn.

References:

<https://www.pepcid.com/understanding-heartburn/heartburn-myths>

<https://www.nm.org/healthbeat/healthy-tips/myths-of-gerd>

<https://www.healthgrades.com/right-care/acid-reflux-and-gerd/7-myths-about-acid-reflux>

Rabeloc Tablet Indications

- Gastric and duodenal ulcers
- Gastro-oesophageal reflux disease
- Helicobacter pylori infection
- Zollinger-Ellison syndrome

Rabeloc IV Indications

- Upper gastro-intestinal bleeding
- Acid-aspiration during surgery
- Stress-induced mucosal injury
- Short-term treatment of gastric and duodenal ulcers
- Gastro-oesophageal reflux disease (GERD)
- Alternative to oral PPI therapy



Indications may vary as per the country, please refer to the PI or regulatory guidelines.