

Rabeloc - How to treat Heartburn?

You know the feeling when you experience heartburn: a burning sensation in your chest and throat followed by slight hiccups. It may trigger due to the food that you ate, particularly spicy, fatty or acidic food items. Or, there might be other reasons that can cause acid reflux. No matter what the causes are, heartburn is uncomfortable and irritating.

Risk factors of Heartburn

Heartburn affects people of all generations and sometimes the reason for acid reflux is unknown. Most health experts believe lifestyle factors can play one of the major reasons contributing to heartburn. However, the causes of heartburn cannot always be prevented.

Risk factors of heartburn include:

- Being Obese
- Active or passive smoking
- Using medications like antidepressants, calcium-channel blockers, sedatives, antihistamines and painkillers.
- Being pregnant

Pregnancy can lead to acid reflux due to extra pressure on the internal organs.

Food and dietary habits that increase the risks of heartburn include:

- Lying down after the meal
- Caffeine
- Low fiber diet
- Alcohol
- Eating large meals
- High intake of table salts
- Acidic juice or carbonated drinks

How to treat heartburn?

Heartburn, in most cases, can be treated at home with the help of natural remedies, medications and lifestyle changes.

Occasional heartburn is common and is generally considered not-so-serious. However, if you experience frequent or severe heartburn, it is best to see your doctor. This could be a possible sign of a chronic acid reflux condition called GERD.

It is essential that you get proper treatment for GERD as if left untreated, it could lead to serious conditions like Barrett's esophagus, esophagitis and even cancer.

Thus, it is essential that you take proper care when you experience heartburn.

Quick Tips to avoid heartburn

1. Avoid smoking
2. Try ginger
3. Wear loose clothes
4. Mix baking soda with water
5. Avoid Alcohol
6. Use chewing gum

When should you get medical help?

Even though heartburn is common, if you experience this condition frequently, it may be a sign that you need to get medical help.

Severe heartburn has been linked to inflammation and narrowing of the esophagus, causing respiratory issues, chronic cough, GERD and Barrett's esophagus.

Thus, it is essential that you get medical help when:

- The heartburn does not improve
- The heartburn symptoms become severe
- The heartburn symptoms are frequent
- There is discomfort while swallowing
- It causes vomit
- There is serious hoarseness or wheezing
- There is discomfort while performing daily activities

References:

<https://www.medicalnewstoday.com/articles/146619#risk-factors>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1774312/>

<https://my.clevelandclinic.org/health/diseases/9617-heartburn-overview#care-and-treatment>

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