

“When it is not just Heartburn”

Mild Heartburn if caused by acid reflux may just require lifestyle changes and simple antacids. Severe heartburn can indicate more serious conditions that if identified and treated can prevent complications.

Heartburn is unlikely to be simple acid reflux

- ♦ If you struggle to swallow
- ♦ If you have choking spells
- ♦ If you are losing weight
- ♦ If you are constantly burping
- ♦ If you are severely bloated
- ♦ If you are severely constipated
- ♦ If it has gone on for years
- ♦ If you frequently use antacids



If you have any of the above then discuss with your doctor or see a Gastroenterologist to exclude Barrett's, Gullet infections, allergy, ulcers and narrowing amongst others.

www.consultantgastroenterologist.co.uk