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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

If you suffer from
heartburn, try cutting
down your evening meal
by a third of the size.



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**Corporate
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This fortnight's healthy topic...

Heartburn & Reflux



You need to know...

Heartburn aka indigestion, is a common symptom of gastro-oesophageal reflux, which usually occurs after meals.

Chewed and swallowed food is pushed by muscular waves down the oesophagus and through a muscle ring into the stomach. Heartburn occurs when the contents of the stomach are pushed back up into the oesophagus, causing a burning sensation in the chest. Most healthy people experience heartburn from time to time.

Occasional heartburn can be caused by:

- Overeating or eating a large meal
- Exercising or physical activity following a large meal
- Consuming too much coffee or alcohol
- Anxiety
- Pregnancy, when the womb pushes up on the stomach

Complications of constant heartburn

- Hiatus hernia, where part of the stomach is pushed up through the diaphragm
- Oesophagitis, where the stomach digestive juices cause the oesophagus to become inflamed

Heartburn in overweight people

Persistent heartburn is more common in overweight individuals. Extra fat stored in the abdominal wall decreases the room for the digestive tract, increasing pressure on the stomach.

An overweight person can reduce their risk by:

- Losing weight
- Avoid bending or lifting, which can increase abdominal pressure
- Raising the head of their bed to avoid reflux while sleeping

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**