Your Weekly Medical Advice

by Dr Zhi Su

"Committed to the care of our patients and community"

euroa medical

Clinic Hours
Monday – Friday 8am-6pm
Saturday 9am – 5pm
Phone (ALL HOURS) **5795 2011**

Emergency clinic
Sundays and public holidays 9am – 11am
(in our rooms @ Euroa Health)
Phone **5795 0200**

Indigestion

Other names include dyspepsia, heartburn, or an upset stomach. People may describe a burning pain in the chest, acid coming up into the mouth, belching or upper abdominal discomfort. It maybe aggravated by eating too much, spicy foods or alcohol.

Mostly it is due to a failure of the valve at the junction between the stomach and the oesophagus allowing acid to get into the oesophagus and cause a burn. The stomach may just be too full or there maybe pressure from outside that overcomes the closing mechanism such as obesity or even pregnancy.

The valve mechanism is directly compromised by alcohol and cigarettes.

It is generally fixed with some simple lifestyle measures, and if necessary various medications that either neutralize the acid or stop its production. Lifestyle includes smaller meals, eating at least 3 hours before going to bed, avoiding stooping, decreasing alcohol consumption and stopping smoking. You can try antacids and acid suppressors from the chemist, but if it is still a problem then a visit to the doctor for stronger medication maybe the answer. In younger people with serve symptoms there is also a surgical option.

Occasionally these symptoms can be due to other problems and if it is too persistent then it is always worth getting it checked out.

We would appreciate your feedback or topics you would like to hear about at **business.manager@emfp.com.au**