



BLOG

Daily Acid Reducer? 3 Things to Bring up at Your Next Visit

Habits That Help

- Smaller, earlier evening meals
- Raise the head of the bed
- Less alcohol and late-night snacks

Get Checked For

- Trouble or pain swallowing
- Black stools or vomiting blood
- New reflux after age 60

Ask Your Provider

- Do I still need it?
- Am I on the lowest dose that works?
- Plan any step-down together



Read the full article

Taking Nexium, Prilosec or Protonix Every Day: Is It Safe, and How to Stop

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you
what is right for you.