



HEARTBEAT (RAPID)

An irregularly fast heartbeat

HEART DISEASE

A rapid heartbeat, if experienced with chest pains, shortness of breath, fainting, and lightheadedness, may be a symptom of heart disease. Seek help to determine if any heart condition is present.

Symptoms:

- Irregularly fast heartbeat
- Chest pain
- Difficulty breathing, shortness of breath
- Fainting
- Feeling weak and lightheaded

DO:

- Get enough rest.
- Enrich your diet with high-fiber food and cut down on your cholesterol and fat intake.
- Seek help at the first sign of chest pain.

DON'T:

- Don't smoke if you are susceptible to experiencing rapid heartbeats. Also, minimize your intake of caffeinated drinks such as coffee and tea.



Minimize intake of caffeinated drinks such as coffee and tea.

HEARTBURN

A burning pain felt under the ribs or breastbone, usually experienced after a meal

CAUSES

IRRITATION

The pain in the ribs or behind the breastbone experienced during heartburn is a digestive problem rather than heart-related. The acidic juices of the stomach wash up back into the esophagus and cause a burning sensation. Several factors may cause this kind of irritation to occur: being overweight, eating too fast, smoking after a meal, overeating, lying down after eating, wearing tight clothing, and drinking alcoholic, carbonated and caffeinated beverages.

Symptoms:

- Burning pain under the ribs or behind the breastbone
- Belching
- Bitter or sour taste in the mouth
- Choking sensation
- Coughing

DO:

- Take an antacid.
- Minimize intake of food that may trigger an attack, such as alcoholic, carbonated and caffeinated drinks, oily/fatty food, spices and chocolate.
- Eat smaller meals.
- Try to lose weight.
- Try to avoid wearing tight clothes that squeeze the abdomen, as these may induce heartburn.
- Slightly elevate your upper body when you sleep with a pillow or a small mattress.
- Seek help if the pain you feel is severe and unbearable or if the heartburn is persistent.

DON'T:

- Don't lie down, bend over or engage in intense physical activity immediately after a meal.



HEARTBURN

A burning pain felt under the ribs or breastbone, usually experienced after a meal

CAUSES

PREGNANCY

The hormonal changes experienced during pregnancy, as well as the added pressure and weight on the abdomen, may induce heartburn in some cases.

Symptoms:

- Burning pain under the ribs or behind the breastbone
- Belching
- Bitter or sour taste in the mouth
- Choking sensation
- Coughing



Wear loose-fitting clothes to avoid heartburn, especially when pregnant.

DO:

- Minimize intake of food that may trigger an attack, such as alcoholic, carbonated and caffeinated drinks, oily/fatty food, spices and chocolate.
- Eat smaller meals.
- Try to lose weight.
- Try to avoid wearing tight clothes that squeeze the abdomen, as these may induce heartburn.
- Slightly elevate your upper body when you sleep with a pillow or a small mattress.
- Seek help if the pain you feel is severe and unbearable or if the heartburn is persistent.

DON'T:

- Don't lie down, bend over or engage in intense physical activity immediately after a meal.

HIATAL HERNIA

Hiatal hernia is a condition wherein the stomach pushes through an opening in the diaphragm, which may induce heartburn in some cases. It does not require treatment and people who have this condition do not necessarily display any symptom.

Symptoms:

- Burning pain under the ribs, or behind the breastbone
- Difficulty swallowing and breathing after a meal

DO:

- Take an antacid.
- Minimize intake of food that may trigger an attack, such as alcoholic, carbonated and caffeinated drinks, oily/fatty food, spices and chocolate.
- Eat smaller meals.
- Try to lose weight.
- Try to avoid wearing tight clothes that squeeze the abdomen, as these may induce heartburn.
- Slightly elevate your upper body when you sleep with a pillow or a small mattress.
- Seek help if the pain you feel is severe and unbearable or if the heartburn is persistent.

DON'T:

- Don't lie down, bend over, or engage in intense physical activity immediately after a meal.