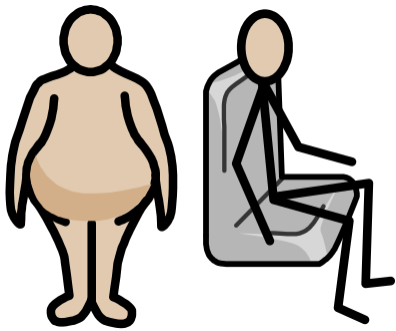
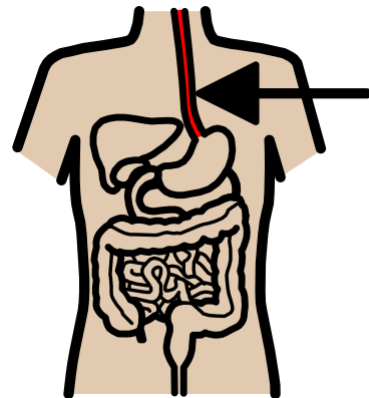


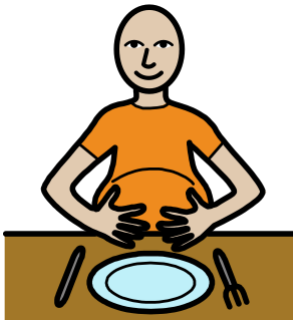
What are the Risk factors for Reflux?



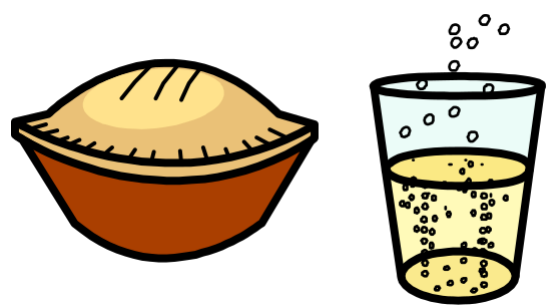
Being overweight or
being physically inactive



Having a Hiatus Hernia



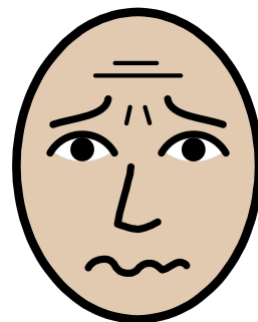
Eating too much
food at once



Eating processed food
and drinking fizzy pop



Taking certain
medicines



Feeling stressed
or anxious

Think about how you could support or reduce these Risk Factors, to help the person with Reflux.