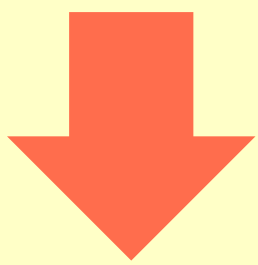


BURNING IN YOUR CHEST?

Acid reflux can signal menopause for many women experiencing this transition.



WHY IT HAPPENS ?

Hormonal changes impact digestion

As hormones fluctuate, digestion may slow, leading to acid reflux symptoms.



What You Can Do

Avoid triggers: Spicy food, coffee, citrus, alcohol, and late meals

Eat smaller meals: Don't overload your stomach

Stay upright after eating: No lying down right after meals

How Le Nest Hospital Can Help

We offer specialized care. visit our menopause centre.



Visit us at www.lenest.in