Dysphagia and Reflux

Keeping track of patterns

Sometimes things happen from time to time and we don't notice patterns until we start writing them down. Use this space to collect information about events related to eating and digestion. Remember, just because you have an occasional problem with heartburn does not mean that you have dysphagia. Occasionally, everyone has heartburn, or difficulty digesting a certain food. But keeping records can help you and your doctor to see patterns early.

Tracking unusual events related to eating, swallowing, and digestion

<u>Date</u>	Event	Circumstance	Outcome/Treatment
01/01/2012	Up all night with indigestion	Had spaghetti and spicy meat sauce at 9pm	Took antacid/ remember to not eat late in evenings and avoid spicy foods

<u>Date</u>	<u>Event</u>	$\underline{\text{Circumstance}}$	Outcome/Treatment
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