

## Checklist for Heartburn

The student asks the following questions:

- When did you first experience heartburn?
- How often do you experience heartburn and how long does each episode last?
- Describe the type and location of the discomfort.

- Do you have any radiation of the discomfort?
- If so, where does the discomfort radiate?
- Is the heartburn aggravated by food?
- Is the heartburn relieved by sitting up, standing, or taking antacids?
- Does activity or exercise aggravate the pain?

*Note: (This helps differentiate any cardiac symptoms.)*

- Are you a smoker?  
*Note: Smoking decreases the lower esophageal sphincter pressure and increasing symptoms of heartburn.*
- Do you have difficulty swallowing, weight loss, or bloody stool?
- Do you experience a gaseous feeling or frequent burping?
- Are you often under stress?

- How much caffeine and chocolate do you consume each day?
- Are you taking any nonsteroidal antiinflammatory drugs (NSAIDs)?