

## Rabeloc - How does heartburn feel like?

Heartburn can be a sign of various conditions including acid reflux and GERD. Heartburn is common amongst people and they can experience it due to several reasons.

Occasional heartburn is fine as long as you experience it regularly and severely. If you experience it regularly, it can be an indication of a chronic acid reflux condition called GERD.

There are several ways to ease and prevent heartburn. There are lifestyle changes that you can adopt to prevent heartburn while you can use certain medications to ease acid reflux. However, it is advisable for readers to use their doctor's advice before using any medication to ease acid reflux.

### How heartburn feels like?

You may experience heartburn that can be mild irritation to extreme discomfort. Here are a few things that you may notice:

- Sour taste in the throat
- Burning sensation behind the breastbone
- Discomfort that you feel after you eat certain food items
- A Burning sensation that feels from your stomach to your neck
- Burning sensation while changing the posture like lying down or bending forward

Sometimes, people may experience heartburn symptoms that are not ordinary. There are people who have experienced discomfort in their:

- Nose
- Ears
- Lungs
- Throat

There are also people who have experienced chest pain-like heartburn. The chest pain may be so bad that it might feel like a heart attack.

Women might experience heartburn during their pregnancy period.

### Heartburn during pregnancy

According to one study conducted in Cuba, between 17 and 45 percent of pregnant women experience heartburn in pregnancy. The frequency may increase by trimester.

The research found that around 39 percent of women experience heartburn symptoms in their first trimester while in the third trimester, 72 percent of pregnant women experience heartburn symptoms.

There can be several factors that increase the risk of heartburn in pregnant women. Reduced pressure in the lower esophageal sphincter that separates the esophagus and the stomach can be one of the factors. This way acid flows from the stomach to the esophagus easily.

During pregnancy, your stomach may have increased pressure due to the growing uterus. Some of the hormones that help women maintain their pregnancy can also lower the digestion process, increasing the risk of heartburn.

However, there is no concrete evidence on the long-term complications related to heartburn in pregnancy.

Thus, if you experience heartburn, it is essential to look at your lifestyle choices and make changes accordingly. Or, you can always take the help of your doctor for heartburn medications. Pregnant women, especially, should take help from their respective Gynecologist to ease acid reflux.

#### References:

<https://my.clevelandclinic.org/health/diseases/9617-heartburn-overview#:~:text=Heartburn%20typically%20feels%20like%20a,bend%20over%20or%20lay%20down.>  
<https://www.healthline.com/health/gerd/what-does-heartburn-feel-like#treatments>

#### Rabeloc Tablet Indications

- Gastric and duodenal ulcers
- Gastro-oesophageal reflux disease
- Helicobacter pylori infection
- Zollinger-Ellison syndrome

#### Rabeloc IV Indications

- Upper gastro-intestinal bleeding
- Acid-aspiration during surgery
- Stress-induced mucosal injury
- Short-term treatment of gastric and duodenal ulcers
- Gastro-oesophageal reflux disease (GERD)
- Alternative to oral PPI therapy



Indications may vary as per the country, please refer to the PI or regulatory guidelines.