



Pointers For Moms-to-Be

How To Beat Heartburn When You're Pregnant

(NAPSA)—More than four million women are expected to give birth this year. It is likely that a majority of these women will experience heartburn, especially in the later stages of pregnancy. If you are one of them, you don't necessarily have to suffer.

Heartburn and indigestion often occur during pregnancy because hormone changes allow stomach acids to flow backwards into the esophagus. These stomach acids can irritate the sensitive lining, causing a burning sensation around the heart (in the chest or under the breastbone).

According to the March of Dimes, there are several preventative measures that pregnant and nursing women can take to help beat heartburn.

"Pregnant women are common sufferers of heartburn and taking a calcium carbonate antacid can not only relieve or prevent heartburn but can serve a dual purpose as a calcium supplement and help supply much-needed calcium," said Dr. Nancy Green, medical director of the March of Dimes.

Calcium carbonate, the form of calcium found in TUMS®, has the highest percentage of elemental calcium, the type easily used by the body.

During pregnancy, sufficient calcium intake becomes very

Tips for Prevention

- Try not to eat spicy, rich, fatty or fried foods;
- Chew slowly and eat smaller portions more often throughout the day;
- Allow two-to-three hours for digestion before lying down or going to bed;
- Sleep with your head slightly elevated;
- Take an antacid made from calcium carbonate.



important as the baby uses calcium from the mother's body to build bones and teeth. This puts an increased demand on the mother's calcium supply.

Nine out of 10 women of child-bearing age do not consume the recommended 1,000 to 1,500 milligrams of calcium. And, many pregnant women may not realize that their prenatal vitamins do not provide the recommended amount of calcium. Eating a healthy diet that includes foods that provide calcium—lowfat and fat-free dairy foods and green leafy vegetables—is essential. A calcium supplement can help you consume the recommended amount of calcium when food choices alone do not.

For more information about calcium and pregnancy, please visit www.marchofdimes.com or www.calciuminfo.com.