



**Achalasia: A hard
disease to swallow**

19 Tips for dealing with Achalasia

1. Everyone is different, but very much the same!
2. Research and don't stop learning about Achalasia.
3. Get second opinions. Make sure they have experience with Achalasia. Don't be afraid to ask questions. Experts don't always have the answers.
4. You are not alone! Join a support group on Facebook, Twitter or Yahoo!
5. Remain positive!
6. Sleep elevated (wedges, or prop up the head of the bed).
7. If you need to, keep a spit cup/trash can next to your bed.
8. Always rinse your mouth after regurgitation, do not brush!
9. Stop eating 3 hours prior to bed time.
10. Do not eat and drive.
11. Don't panic! Relax when eating.
12. When you go to a restaurant know where the bathrooms are, and ask for a pitcher of water.
13. Have water with you at all times.
14. It's not heartburn or reflux. Make sure you get treated for pain!
15. Try to learn your triggers for spasms and know they will change.
16. Always carry a bag for those unfortunate regurgitation episodes.
17. Stress aggravates achalasia.
18. Try to learn what foods cause you issues—Suggestions from others with Achalasia: bread, raw carrots, popcorn, apples, rice, French fries, coconut, seeds and skins.
19. Meet someone else with Achalasia. It helps to have someone who knows what you are going thru.

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