

Answers

at *Walgreens*[™]

Digestive Health





Answers begin here for digestive health

Your digestive health can be affected by everything from medical conditions, diet and nutrition — even daily emotional stress. Learn how lifestyle changes and products can help you feel better.

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Q Why should I take care of my digestive health?

A Maintaining proper digestive health helps your body to perform two vital functions:

1. Absorb nutrients.
2. Provide a barrier against potentially harmful substances and microorganisms.

A large part of the immune system is found in the digestive tract. The digestive system is also where nutrients are absorbed. So it's easy to see how digestive problems can cause significant health issues for the body.



Q What is heartburn?

A Heartburn may happen when your stomach produces too much acid while digesting food. This excess acid can move up into your esophagus causing painful heartburn.

Q What type of over-the-counter medications can help relieve my heartburn symptoms?

A **Antacids** provide fast relief from mild, occasional heartburn by neutralizing acid in the stomach.

H2 Blockers, also called H2 receptor antagonists, can prevent or relieve occasional heartburn on-demand by blocking stomach acid production. They last up to 12 hours.

Proton Pump Inhibitors provide relief from frequent heartburn (occurring two or more days a week) by deactivating the proton pump enzymes required to produce acid. These medications may take one to four days before they're fully effective, but last up to 24 hours.

More information at [Walgreens.com](https://www.walgreens.com)

Antacids



H2 Blockers



Proton Pump Inhibitors



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Q Can I use an antacid for breakthrough heartburn if I'm already on a proton pump inhibitor?

A While it is generally considered to be safe to take an antacid if you still get breakthrough heartburn after taking a 24-hour heartburn medication, we recommend that you consult your healthcare practitioner to see what regimen is best for you.

Walgreens There's a way to stay well.

Q What are probiotics?

A *Probiotics* are bacteria that help maintain the natural balance of organisms (microflora) in the intestines.

Q What do probiotics do for my digestion?

A Probiotic supplements can help maintain your digestive system's "good bacteria" balance. Bacteria imbalance is related to conditions including diarrhea, constipation, bloating and gas.

Common issues such as diet, changes in schedule, travel and stress can disrupt your natural balance of good bacteria.

Probiotics



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Q Why should I include fiber in my diet?

A A diet high in fiber can help lower blood cholesterol levels, promote digestive health and make you feel full faster. Health experts recommend a daily diet containing 20-35 grams of fiber. Fiber can be classified into two types: soluble and insoluble. Soluble fiber may lower blood cholesterol levels and reduce your risk of heart disease. Diets that contain insoluble fiber will add bulk to your stool and contribute to bowel regularity.

Q What foods are high in fiber?

A Soluble fiber can be found in oatmeal and oat bran, some fruits (apples, mangoes, plums, kiwi, pears, blackberries, strawberries, raspberries, peaches, citrus fruits, dried apricots, prunes and figs) and some vegetables (dried peas and lentils).

Insoluble fiber is found in beans, whole-wheat grain and wheat bran, brown rice, seeds and vegetables like carrots, cucumbers, zucchini, celery and tomatoes.

More information at Walgreens.com

Q What is diarrhea and how can I treat it?

A Diarrhea is an increase in the fluidity, frequency or quantity of stool passed. If the stool passes too rapidly from the body, the intestines are not able to absorb the water. This causes the water to be expelled with the waste in a more liquid state.

Diarrhea usually clears up within a few days. However, in most cases you can relieve the symptoms of diarrhea by restricting what you eat, drinking plenty of fluids and by using an anti-diarrheal medication.

Q What type of over-the-counter medications can help relieve my diarrhea?

A **Loperamide**-based anti-diarrheal medications slow intestinal movement, which prolongs the transit time of intestinal contents.

Bismuth-based anti-diarrheal medications work by treating diarrhea-causing bacteria in your system.



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Q What is constipation?

A Constipation is most often defined as having a bowel movement less than 3 times per week. It usually is associated with hard stools or difficulty passing stools. You may have pain while passing stools or may be unable to have a bowel movement after straining or pushing for more than 10 minutes. Normal patterns of bowel elimination vary widely from person to person and you may not have a bowel movement every day. When the stool is infrequent, or requires significant effort to pass, you have constipation.

Q What type of over-the-counter medications can help relieve my constipation?

- A
- Stool softeners provide gradual relief in 12 to 72 hours.
 - Overnight *laxatives* provide relief through the night within six to 12 hours.
 - Suppositories or enemas provide immediate relief within 15-60 minutes.

Laxatives



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Q How can I help prevent constipation?

- A**
- Drink more water
 - Eat slower and incorporate more fiber, fruits and vegetables
 - Exercise more
 - Allow enough time for a bowel movement

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Q What causes stomach gas?

A We produce gas in two ways: when we swallow air and when the bacteria in the large intestine go to work helping to digest the food we eat.

Usually, we eliminate gas through the mouth (burping) or through the anus (flatulence). We typically pass gas around 20 times a day. Gas is an ordinary occurrence, but its presence can be painful and socially embarrassing.

Q What type of over-the-counter medications can help relieve or prevent my gas?

A **Simethicone**-based treatments break down gas bubbles and help gas travel through the intestines so it can be readily passed

Enzyme-based treatments are used as a preventative measurement against gas. However, they do not relieve the gas symptoms that you are currently experiencing.

More information at [Walgreens.com](https://www.walgreens.com)

Q How can I avoid gas in the future?

A Changing what you eat and drink can help prevent or reduce gas. Keeping a journal can be a helpful tool because everyone's body may react differently to certain foods. But remember that gas is normal and that many of the foods that cause it are very good for you. Consider taking a preventative gas product if gas-triggering foods cannot be avoided.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Prevacid acid reducer
42 ct.



Limit one coupon per customer per offer. Expires 7/1/12. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢. For our complete coupon policy, visit Walgreens.com/couponpolicy



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Zantac acid reducer
75 mg./30 ct. or 150 mg/ 24 ct.



Limit one coupon per customer per offer. Expires 7/1/12. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢. For our complete coupon policy, visit Walgreens.com/couponpolicy





INSTANT VALUE
Coupon
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Benefiber powder mix



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Coupon
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Dulcolax laxative tablets or
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