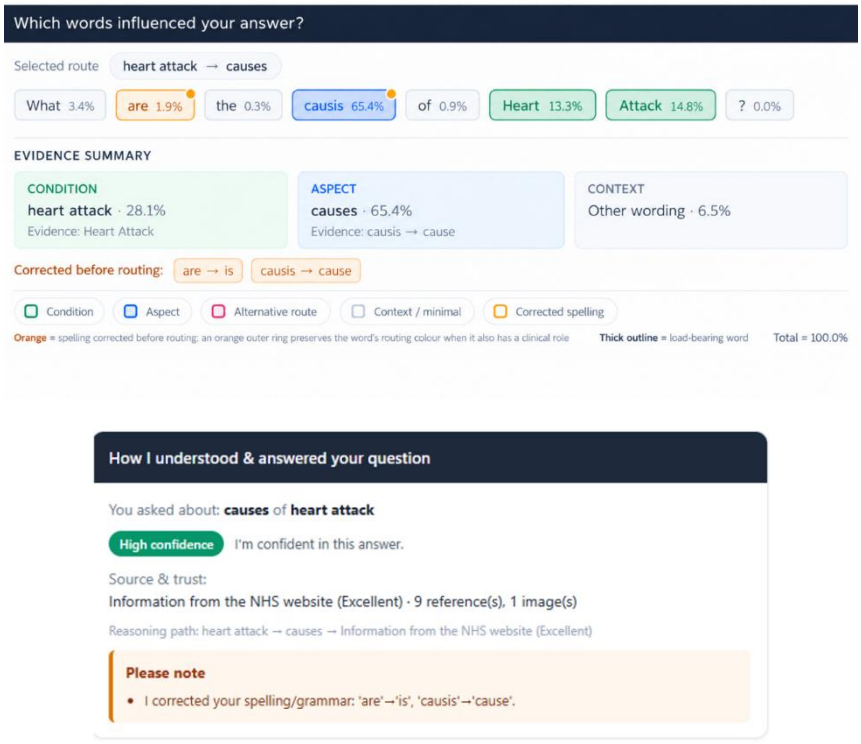
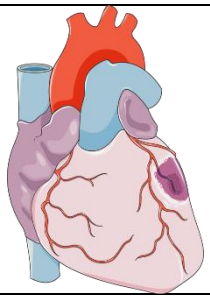
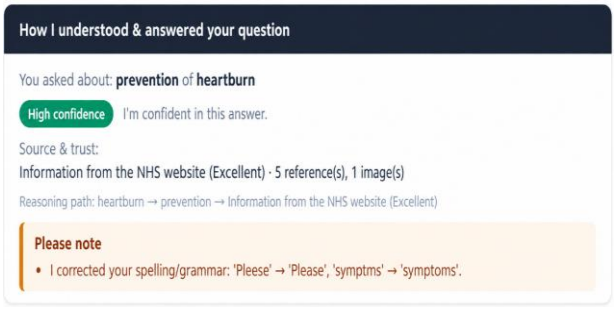
Example 1



Answer	Heart attacks are usually caused by a blood clot stopping enough blood getting to your heart. You're more likely to have a heart attack if you: smoke, have high blood pressure have high cholesterol have a close relative who's had a heart attack have diabetes are living with overweight or obesity			
Source	Information from the NHS website			
Rating	Excellent			
References	Yang, J., Biery, D. W., Singh, A., et al. (2020). Risk Factors and Outcomes of Very Young Adults Who Experience Myocardial Infarction: The Partners YOUNG-MI Registry. *Am J Med*, 133(5), 605-612.e1. PubMed Tickoo, S., Bhardwaj, A., Fonarow, G. C., et al. (2016). Relation Between Hospital Length of Stay and Quality of Care in Patients With Acute Coronary Syndromes (from the American Heart Association's Get With the Guidelines--Coronary Artery Disease Data Set). *Am J Cardiol*, 117(2), 201-205. PubMed Osnabrugge, R. L., Speir, A. M., Head, S. J., et al. (2014). Prediction of costs and length of stay in coronary artery bypass grafting. *Ann Thorac Surg*, 98(4), 1286-1293. PubMed Ornato, J. P., & Hand, M. M. (2014). Warning signs of a heart attack. *Circulation*, 129(11), e393-e395. PubMed			
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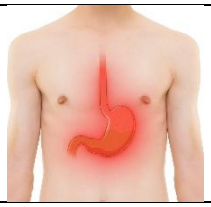
Example 2





Answer	You should treat frequent heartburn (heartburn that occurs 2 or more days per week) because reflux can damage the lining of your esophagus. This can cause serious problems over time. Changing your habits can be helpful in preventing heartburn and other symptoms of GERD. The following tips will help you avoid heartburn and other GERD symptoms. Talk to your provider if you are still bothered by heartburn after trying these steps. First, avoid foods and drinks that can trigger reflux, such as: Alcohol Caffeine Carbonated drinks Chocolate Citrus fruits and juices Peppermint and spearmint Spicy or fatty foods, full-fat dairy products Tomatoes and tomato sauces Next, try changing your eating habits: Avoid bending over or exercising just after eating. Avoid eating within 3 to 4 hours of bedtime. Lying down with a full stomach causes the stomach contents to press harder against the lower esophageal sphincter (LES). This allows reflux to occur. Eat smaller meals. Make other lifestyle changes as needed: Avoid tight-fitting belts or clothes that are snug around the waist. These items can squeeze the stomach, and may force food to reflux. Lose weight if you are overweight. Obesity increases pressure in the stomach. This pressure can push the stomach contents into the esophagus. In some cases, GERD symptoms go away after an overweight person loses 10 to 15 pounds (4.5 to 6.75 kilograms). Sleep with your head raised about 6 inches (15 centimeters). Sleeping with the head higher than the stomach helps prevent digested food from backing up into the esophagus. Place books, bricks, or blocks under the legs of the head of your bed. You can also use a wedge-shaped pillow under your mattress. Sleeping on extra pillows does NOT work well for relieving heartburn because you can slip off the pillows during the night. Stop smoking or using tobacco. Chemicals in cigarette smoke or tobacco products weaken the LES. Reduce stress. Try yoga, tai chi, or meditation to help relax. If you still do not have full relief, try over-the-counter medicines: Antacids, like Maalox, Mylanta, or Tums help neutralize stomach acid. H2 blockers, like Pepcid AC, Tagamet HB, and Axid AR reduce stomach acid production. Proton pump inhibitors, like Prilosec OTC, Prevacid 24 HR, Nexium 24 HR, and Zegerid OTC stop nearly all stomach acid production for many hours after your dose.

Example 2

	Potassium competitive acid blockers (PCABs). These are newer medicines that block stomach acid, but require a prescription.			
Source	Information from the NHS website			
Rating	Excellent			
References	American Academy of Family Physicians. Heartburn. familydoctor.org. Accessed 01/19/2023. American Heart Association. Heartburn or heart attack? heart.org. Accessed 01/19/2023. Harvard Health Publishing. What to eat when you have chronic heartburn. Harvard Health. Accessed 01/19/2023. Kahrilas PJ, Gupta RR. Mechanisms of acid reflux associated with cigarette smoking. *Gut*. 1990 Jan;31(1):4-10. PubMed PMC. Accessed 01/19/2023. National Library of Medicine. Heartburn and GERD: Overview. *Bookshelf*. NCBI. Accessed 01/19/2023.			
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