

HOSPITALS

UNIVERSITY OF ALBERTA

Sander Veldhuyzen van Zanten, MD, PhD
DIRECTOR
AHS Edmonton Zone Section Head
Pernilla D'Souza, MD
Levinus A Dieleman, MD, PhD
Richard N Fedorak, MD
Brendan Halloran, MD
Vivian Huang, MD
Dina H J Kao, MD
Karen I Kroeker, MD
Adriana Lazarescu, MD
Farhad Peerani, MD
Gurpal S Sandha, MBBS
Richard Sultanian, MD
Karen Wong, MD
Sergio Zepeda-Gomez, MD

HEPATOLOGY

Vincent G Bain, MD
Juan Gonzalez- Abraldes, MD
Klaus S Gutfreund, MD
Constantine J Karvellas, MD
Mang M Ma, MD
SITE CHIEF
Andrew L Mason, MBBS
Aldo Montano-Loza, MD
Puneeta Tandon, MD
Winnie W S Wong, MD

Nurse Practitioners

Michelle Carbonneau, NP
Melissa Harriott, NP
Kimberly Newnham, NP

BASIC SCIENTIST/RESEARCH

Karen L Madsen, PhD

PUBLIC HEALTH SCIENCES

Karen J Goodman, PhD
Phil Jacobs, PhD

ROYAL ALEXANDRA

Lana Bistriz, MD
SITE CHIEF
James P Ferguson, MD
Leah M Gramlich, MD
Jennifer Jin, MD
Melissa Johnson, MD
Greg Lutzak, MD
Kata Matic, MD
Jill McDermid, MD
Amy Morse, MD
Daniel C Sadowski, MD
Dennis N Todoruk, MD
Clarence K W Wong, MD

HEPATOLOGY

Robert J Bailey, MD
Marilyn Zeman, MD

MISERICORDIA

Allen Lim, MD
Melanie Pinchbeck, MD
Lori M Stead, MD, PhD
Brennan M A Walters, MD
SITE CHIEF

GREY NUNS

Anand Bala, MD
Vijey Selvarajah, MD
Jesse Siffledeen, MD
SITE CHIEF
Connie M Switzer, MD

STURGEON

Naseem Hoque, MD
SITE CHIEF

Anti-Reflux routine

- 1. Elevate head of bed on blocks or books**
 - Usually about 3 inches is sufficient
- 2. No food or fluid for two hours prior to bedtime**
- 3. No coffee, alcohol, aspirin, medications for arthritis etc.**
- 4. Antacids as necessary with pain or heartburn**
- 5. To reduce acid:**
 - Zantac 150 mg twice daily
 - Tagamet
 - Peptacid
- 6. To reduce reflux:**
 - Motilium 30 minutes prior to meals and bedtime
 - OR
 - Maxeran 30 minutes prior to meals and bedtime