

Acid Reflux

August 3, 2022



You experience heartburn: a burning or stabbing pain in your lower chest area. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 6 + (IE) Constitution saving throw per round to maintain concentration.

Real-world Examples

Gastroesophageal Reflux Disease, Hiatal Hernia, Down Syndrome

Assistive Options

Avoiding certain foods can help reduce heartburn. If you avoid smoking, caffeine, alcohol, large meals, and spicy and acidic foods for a day, you can make a DC 10 + (IE) Constitution saving throw. On success, the IE reduces by 1.

Magical Assistance

Magic effects that provide resistance to acid damage reduce the IE of Acid Reflux by 1.