

Gastroesophageal Reflux Disease (GERD)



What is GERD?

- Stomach acid flows backward from the stomach into the esophagus, causing damage

What are the symptoms?

- Backwash/Regurgitation-sour acid taste
- Burning feeling in esophagus
- Noncardiac chest pain
- Nausea
- Sore throat

What makes symptoms worse?

- Lying down
- Large or fatty meals
- Bending over
- Smoking or drinking alcohol

What foods make it worse?

- Chocolate, Coffee, Alcohol, Mint, Garlic, Onions, Fatty foods, Fried foods

What are the complications?

- Esophagitis
- Barret's Esophagus
- Esophageal Stricture
- Laryngopharyngeal Reflux

What are my treatment options?

Lifestyle Changes:

- stop smoking
- exercise regularly
- sleep with head elevated
- eat smaller meals
- avoid food triggers
- wear loose clothing
- avoid lying down for at least 3 hours after a meal

Medical Treatments:

- Over the counter medications
 - Tums, Pepcid
- Prescribed Medications
 - PPIs and prokinetics
- Surgery (in advanced disease)

