

Gastroesophageal Reflux Disease – GERD

What is it?

- ❑ The return of the stomach contents back up into the esophagus or throat.
- ❑ The opening where the esophagus meets the stomach (the lower esophageal sphincter) becomes weak and lets the contents from the stomach come back up into the esophagus.

What are the symptoms?

- ❑ Heartburn
- ❑ Regurgitation
- ❑ Chest pain
- ❑ Hard to swallow
- ❑ Hoarseness
- ❑ Belching/Burping

How do I get relief?

Lifestyle & Dietary Changes

- ❑ Losing weight
- ❑ Do not lie down after meals
- ❑ Elevate the head of bed 4-6 inches by putting blocks under the headboard
- ❑ Try not to eat for at least 3-4 hours before going to bed
- ❑ Avoid smoking and drinking alcohol

Foods to Avoid

- ❑ Caffeinated and/or carbonated drinks
- ❑ Fatty, greasy foods
- ❑ Peppermint
- ❑ Chocolate

Medications if necessary

- ❑ Antacids such as Tums after meals and at bedtime
- ❑ Zantac
- ❑ Tagament

Call Your Doctor if the Symptoms Get Worse or Do Not Get Better By Following These Guidelines!