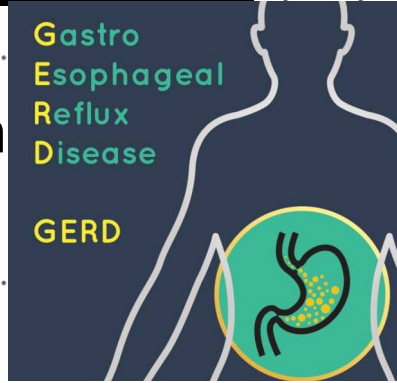


GERD AWARENESS



WHAT IS GERD?

A digestive disorder that occurs when stomach acid or bile flows into the food pipe and cause irritation.




More than 3 million cases per year in US

Dietary and lifestyle choices may contribute to GERD

Risk Factors

Signs & Symptoms



- ☀ Obesity 
- ☀ Smoking 
- ☀ Eating certain foods: such as fatty and fried food
- ☀ Drinking alcohol or coffee 
- ☀ Taking certain medications, such as aspirin

- ★ Heartburn
- ★ Chest pain
- ★ Acid or bitter taste
- ★ Difficult in swallowing
- ★ Dry cough or sore throat
- ★ Regurgitation of food or sour liquid (Acid Reflux)



Medications:



Antacids: Counteracts the effects of stomach acids



Proton Pump Inhibitors (PPI): Reduce acid release in the stomach



Histamine 2-receptors Antagonists: Inhibit gastric acid secretion

In most cases, GERD can be relieved by diet and lifestyle modifications; some people may require medications or surgery

10 tips for Managing GERD

Tip 1

- Lose weight if you are overweight

Tip 2

- Avoid foods known to cause reflux (e.g. fatty, spicy, or acidic foods)

Tip 3

- Eat smaller meals

Tip 4

- Don't lie down after eating: wait at least 3 hours before you lie down after a meal

Tip 5

- Elevated head of the bed by placing 6 to 8 inches can help gravity keep gastric acid down in your stomach

Tip 6

- Stop smoking

Tip 7

- Avoid alcohol

Tip 8

- Avoid tight-fitting clothes

Tip 9

- For mandatory medications that irritate the esophageal mucosa, take in the right position with plenty of liquid or food if appropriate

Tip 10

- Try a gluten-free diet

When should I see a doctor?

- GERD symptoms become more frequent and severe
- Develop of a chronic cough and extreme stomach pain
- Have been using OTC antacid medications for more than 2 weeks and you still have heartburn symptoms



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