

## Dealing with G.E.R.D.



**What is G.E.R.D. ?**  
G.E.R.D. stands for Gastro-  
Esophageal Reflux Disease.

It occurs when the barrier  
between the stomach and tube  
from the throat (the esophagus)  
fails to close properly.

### Common Symptoms

- Frequent Heartburn
- Stomach contents comes up into throat
- Chest Pain
- Swallowing problems
- Hoarseness
- Asthma
- Coughing
- Wheezing
- Vocal cords inflamed



## Lifestyle Changes to Treat

- Lose weight
- Wear loose clothing
- Sit up after meals
- Go to bed 3-4 hours after meals
- 6-8 inch blocks under head of bed



## Medical Treatment

- Various medicines
  - Antacids
  - Foams that coat the stomach
  - Medicines that reduce acid made by stomach
  - Medicines that speed up stomach emptying
- Surgery as the last resort

***WORK WITH YOUR DOCTOR TO FIND THE RIGHT TREATMENT FOR YOU!***

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