Dealing with G.E.R.D.

What is G.E.R.D.?

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
  o Antacids
  o Foams that coat the stomach
  o Medicines that reduce acid made by stomach
  o Medicines that speed up stomach emptying
• Surgery as last resort

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