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
  - 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!