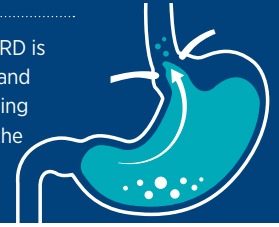




About ACID REFLUX & GERD

Information from the American College of Gastroenterology

GASTROESOPHAGEAL REFLUX DISEASE (GERD) is one of the most common gastrointestinal diseases. GERD is caused by the flow of contents from the stomach upwards into the esophagus resulting in both symptoms and complications. The most common GERD symptoms are heartburn and regurgitation. **HEARTBURN** is a burning sensation in the chest behind the breastbone. **REGURGITATION** is a feeling of fluid or food coming up into the chest. Many people experience both symptoms; however, some patients can have one without the other.



UP TO 20% OF THE U.S. POPULATION MAY HAVE GERD



Heartburn is **COMMON** but **NOT TRIVIAL**

U.S. Economic Burden

\$15 TO 20 BILLION ANNUALLY

These may be GERD-related symptoms

- ✓ Asthma-like symptoms
- ✓ Bitter taste in mouth
- ✓ Chronic cough
- ✓ Dental erosions
- ✓ Hoarseness

GERD FACTS

- ✓ Symptoms are often experienced **after meals**
- ✓ Heartburn or symptoms happening **two or more times per week** can be troublesome
- ✓ Antacids can provide temporary symptom relief
- ✓ Over-the-counter or prescription **medications may be needed**
- ✓ **Persistent symptoms** may require **further investigation** such as endoscopy
- ✓ **Surgery** can be considered if you **cannot tolerate medications** or have **persistent symptoms**

GERD TIPS

2 TO 3 HOURS
Avoid meals within 2-3 hours of bedtime

LOSE WEIGHT
If you are **overweight** and can **lose weight** GERD symptoms can **improve**

STOP SMOKING

HEADS UP
Raise the head of your bed **6-8 inches**

LEFT SIDE
Sleep on your **left side** to ease nighttime heartburn

MORE TIPS:

- Wear loose fitting clothes
- Eliminate food triggers
- Take your medications as directed
- Ask your doctor which treatment option is right for you

If left **UNTREATED COMPLICATIONS** may include:

- Esophageal stricture
- Bleeding
- Barrett's esophagus
- Esophageal cancer

FOOD Triggers to **AVOID**

- Carbonated beverages
- Citrus drinks
- Fatty or spicy foods
- Tomato products
- Chocolate
- Coffee
- Peppermint



Learn More: Scan QR code or visit: bit.ly/acg-gerd-info

Find a gastroenterologist near you: gi.org/FindaGI

READ The American College of Gastroenterology 2022 GERD Guidelines: bit.ly/ACG-GERD-Guidelines-2022