

GERD (HEART BURN)

An anatomical illustration of the human digestive system, specifically the stomach and esophagus. The stomach is shown in a cross-section, filled with a bright orange, bubbly substance representing stomach acid. Several smaller, pinkish-orange bubbles are shown rising from the stomach into the esophagus, which is depicted as a dark red tube extending upwards. The background is a dark blue gradient.

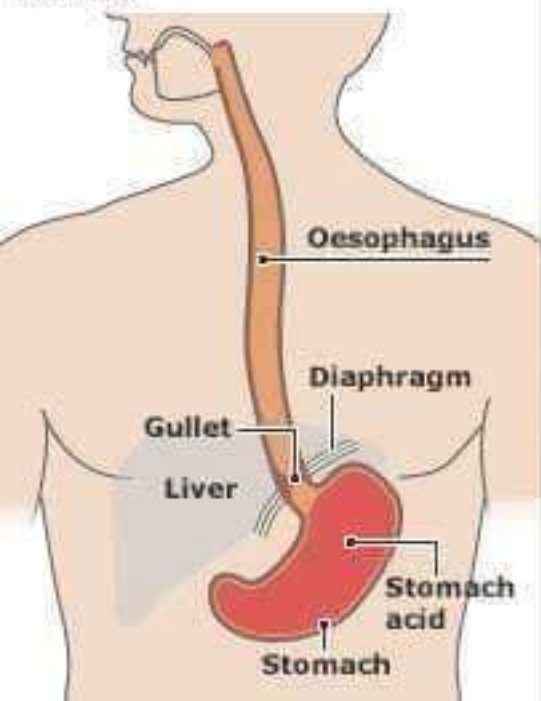
Symptoms

Complication

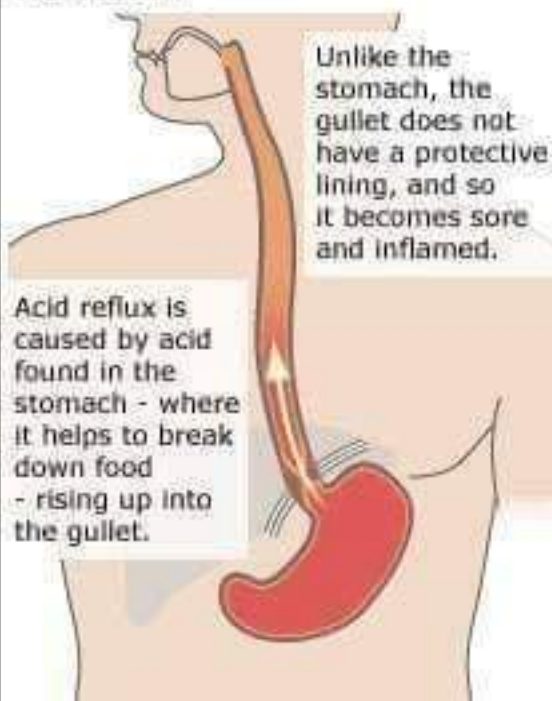
Treatment

WHAT CAUSES HEARTBURN

Normal

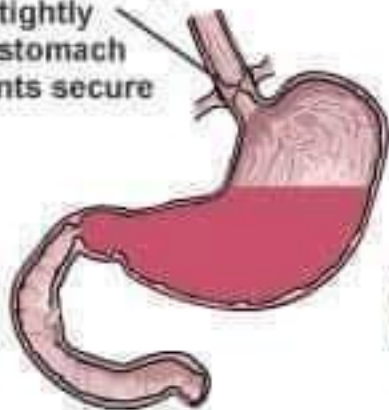


Heartburn



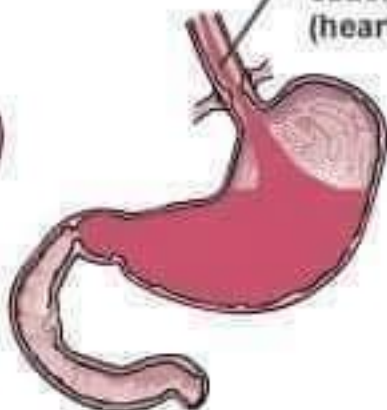
Heartburn

Gastro-oesophageal valve tightly shut; stomach contents secure



Normal

Acidic stomach contents leak into oesophagus causing discomfort (heartburn)



Reflux

Mouth

Tooth decay
Gingivitis
Bad breath

Ears

Earache

Chest

Chronic cough
Worsening asthma
Recurrent pneumonias

Throat

Hoarseness
Chronic sore throat
Throat clearing
Laryngitis
Lump in throat
Post nasal drip

Abdomen

Abdominal bloating
Belching



GASTROESOPHAGEAL REFLUX DISEASE (GERD)

Treatment of GERD

- Life style modification
- Antacids and H-2 Blockers, PPIs
- Nissen Fundoplication Surgery
 - Relatively invasive
 - Can require continued medications¹
 - Hard to convert

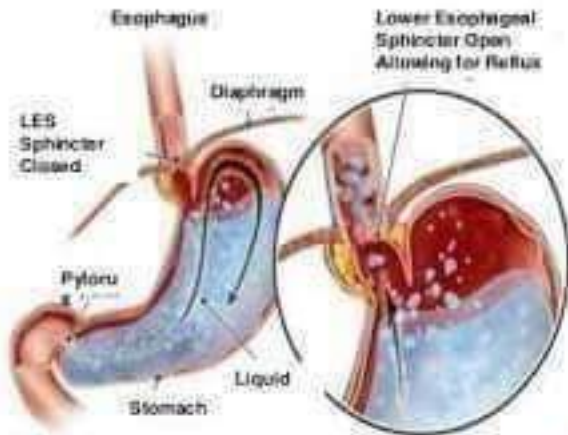


Table 1

Signs and Symptoms of GERD

Heartburn

Chest pain

Sore throat

Hoarseness

Frequent throat clearing

Globus hystericus ("lump in the throat" sensation)

Water brash (regurgitation of excessive saliva)

Regurgitation of foods/liquids

Coughing

Loss of dental enamel

Potential Complications of GERD

- Severe esophageal inflammation and esophageal ulcer formation
- Esophageal stricture formation (narrowing diameter)
- Barrett's esophagus
- Esophageal cancer
- Hoarseness
- Pneumonia which if frequent may lead to permanent lung damage

5 Ways to Ease GERD Symptoms

1. Digestive Enzymes
2. Probiotics
3. Coconut Oil
4. Vitamin D3
5. Deglycyrrhizinated licorice (DGL)

