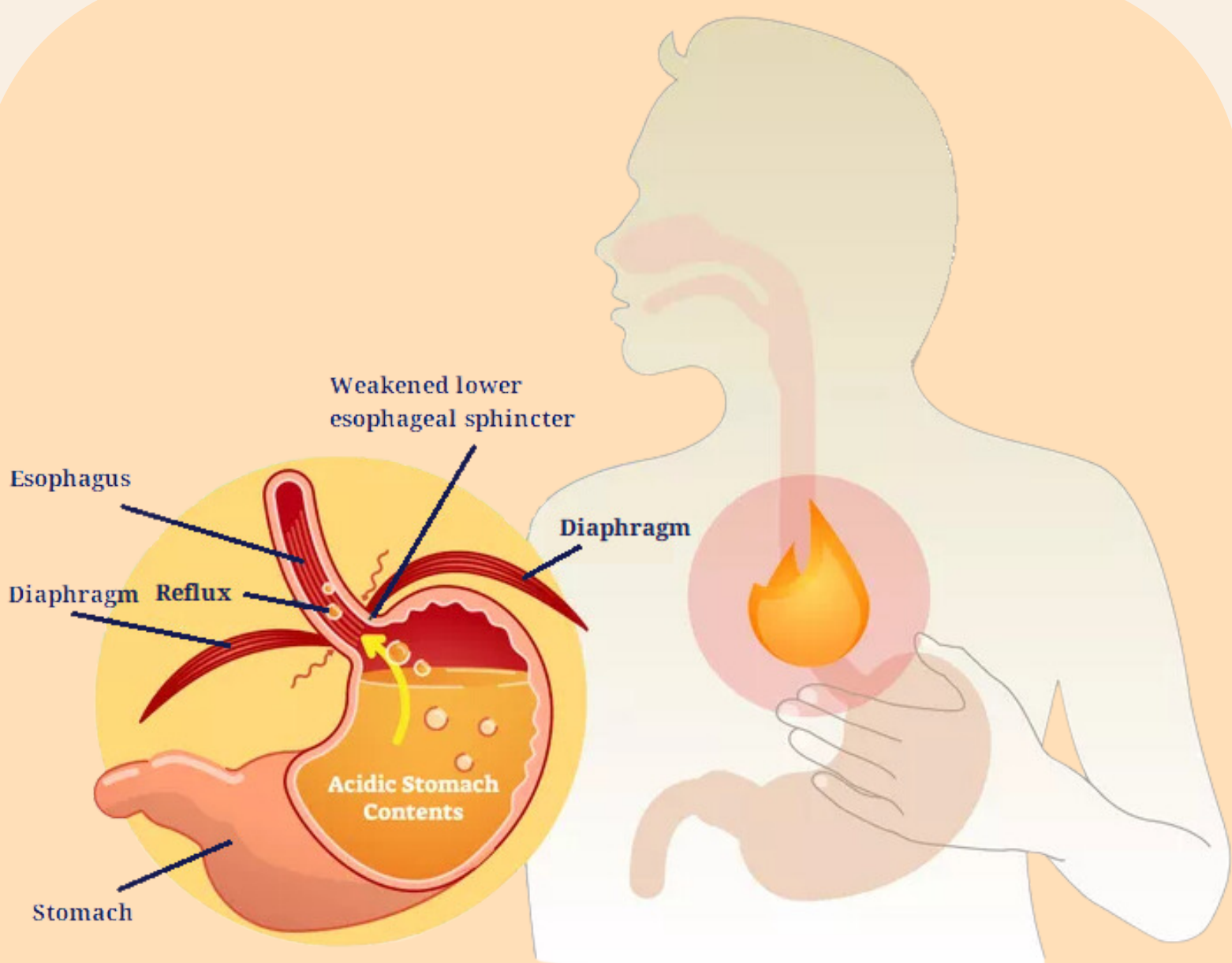


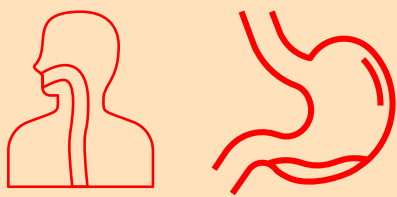
GERD



Gastro esophageal reflux disease is a disease in which the gastric acids travel back up into the esophagus.

Causes

- Weakening of the lower esophageal sphincter which prevents reflux of the gastric acids.



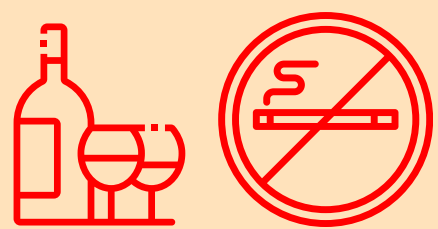
- Lying down immediately after a meal
- Eating a large meal or eating late at night



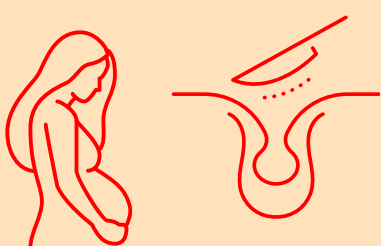
- Obesity
- Fatty foods or spicy foods



- Smoking or second hand smoking
- Alcohol



- Pregnancy
- Hiatus hernia

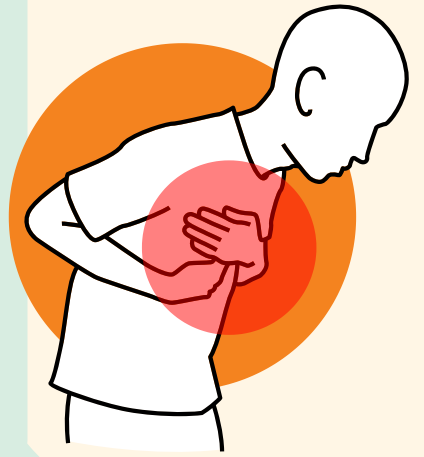


- Carbonate drinks and caffeinated drinks
- Certain medications

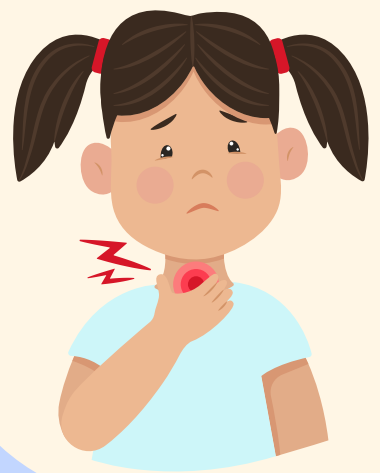


Symptoms

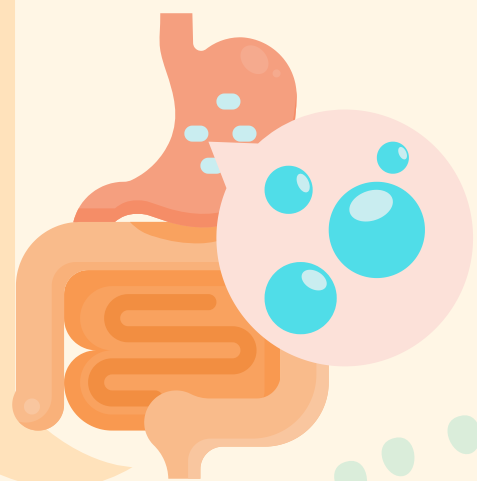
- Burning in the chest
- Chest pain
- Shortness of breath



- Sore throat
- Belching
- Sour taste in the mouth (reflux)



- Bloating
- Nausea
- Bad breath



Complications

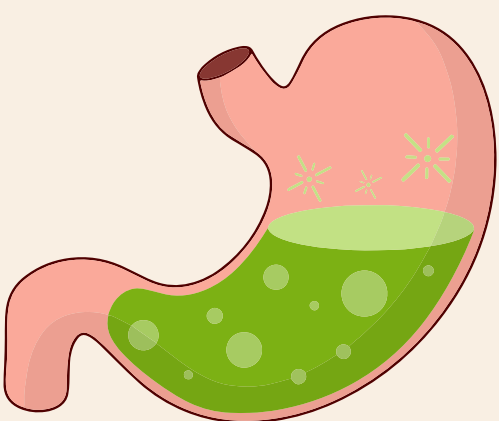
01



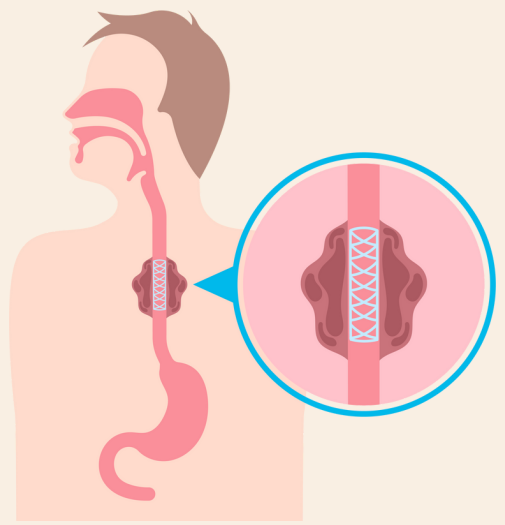
Esophagitis – inflammation of the esophageal mucosa leading to bleeding and ulcer formation.

Barrett's Esophagus – precancerous changes in the lining of the esophagus due to chronic damage from the stomach acid.

03



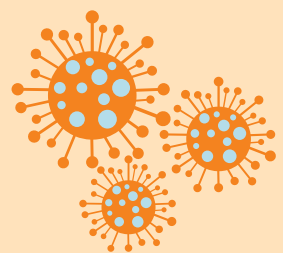
02



Esophageal stricture – narrowing of the esophagus due to scar tissue causing difficulty in swallowing.

04

Chronic cough or asthma



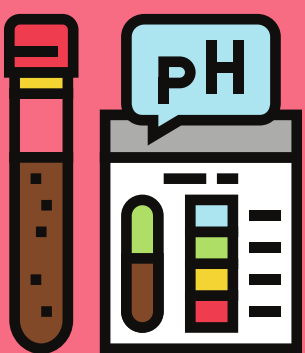
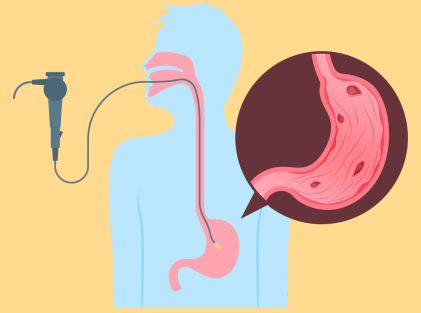
Diagnosis



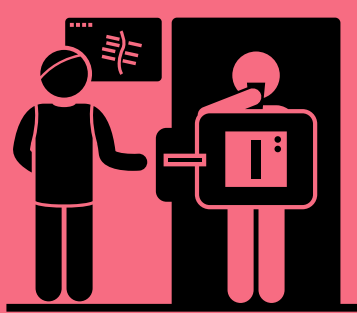
Physical history of aggravating or alleviating factors

Tests:

1. Endoscopy – a camera that is placed down your esophagus to check for damage to the tissue or any abnormal growth.
2. Esophageal manometry to check the rhythm of your esophageal muscles as you swallow.



3. Esophageal pH study – a test that checks when and how long acid stays in your esophagus.

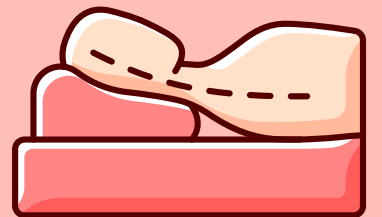


4. Barium swallow – helps to detect if your esophagus is becoming narrow

Treatment

1 Lifestyle Changes

- o Avoid aggravating foods
- o Take a light diet
- o Don't lie down for 3 hours after meals
- o Avoid smoking and alcohol
- o Avoid obesity
- o Elevate your head while sleeping



2 Medications

various types of antacids.



3 Surgery - if medical and lifestyle management fail.

Surgery includes Nissen fundoplication in which the surgeon wraps the top of your stomach around your lower esophageal sphincter to re-create the similar mechanism.

