



# 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](https://bit.ly/acg-gerd-info)

Find a gastroenterologist near you: [gi.org/FindaGI](https://gi.org/FindaGI)

READ The American College of Gastroenterology 2022 GERD Guidelines: [bit.ly/ACG-GERD-Guidelines-2022](https://bit.ly/ACG-GERD-Guidelines-2022)