



Understanding GERD

Gastroesophageal Reflux Disease

What is GERD?

The esophagus has a sphincter (muscle) that normally stays closed, allowing food to move down to the stomach. Sometimes, this muscle does not close properly, allowing stomach acid to flow back up into the esophagus. This is called gastroesophageal reflux disease (GERD). Symptoms of GERD include the backflow of stomach acid into the throat and mouth, especially when lying down or sleeping. Other symptoms include a burning feeling in the chest and in the esophagus. Long-term symptoms can also cause difficulty swallowing, chest pain, and a hoarse voice. If you have symptoms of GERD, you should see your doctor. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.



The lower esophageal sphincter

The lower esophageal sphincter (LES) is a ring of muscle that normally stays contracted, preventing stomach acid from flowing back up into the esophagus. When the LES relaxes, it allows food to move down to the stomach. Sometimes, the LES does not contract properly, allowing stomach acid to flow back up into the esophagus. This is called GERD. Symptoms of GERD include the backflow of stomach acid into the throat and mouth, especially when lying down or sleeping. Other symptoms include a burning feeling in the chest and in the esophagus. Long-term symptoms can also cause difficulty swallowing, chest pain, and a hoarse voice. If you have symptoms of GERD, you should see your doctor. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.

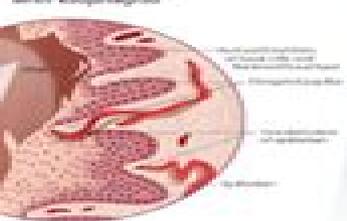


Lower esophageal sphincter (normally closed)

Lower esophageal sphincter (relaxed)



Esophageal lining with esophagitis

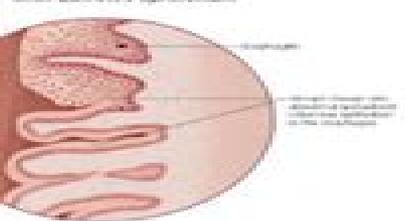


Esophagitis

Esophagitis is inflammation of the lining of the esophagus. It is caused by stomach acid, infection, or other irritants. Symptoms include a burning feeling in the chest and difficulty swallowing. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.

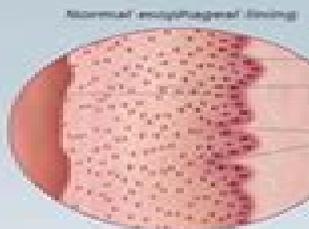


Esophageal lining with Barrett's esophagus



Barrett's esophagus

Barrett's esophagus is a condition in which the lining of the esophagus changes from normal squamous cells to columnar cells. This change is caused by long-term exposure to stomach acid. Barrett's esophagus is a risk factor for esophageal cancer. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.



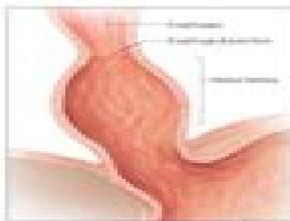
Taking control of GERD

- Eat a balanced diet with a low-fat, low-salt diet.
- Avoid alcohol, caffeine, and tobacco.
- Lose weight if you are overweight.
- Don't eat or drink right before going to bed.
- Don't lie down right after eating.
- Avoid tight-fitting clothes, bras, and pajamas.
- Avoid smoking and drinking alcohol.
- Avoid spicy, acidic, and fatty foods.
- Avoid lying down after meals.

Stomach acid

Stomach acid is a mixture of hydrochloric acid and other substances. It is produced by the stomach to help break down food. Too much stomach acid can cause heartburn and GERD. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.

Gastric gland



Hiatal hernia

Hiatal hernia and GERD

A hiatal hernia is a condition in which the stomach protrudes through the diaphragm. This can cause GERD and other symptoms. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.

Diet and medication

There are many ways to manage GERD. Diet and medication are two of the most common. Diet changes include eating a low-fat, low-salt diet, avoiding alcohol, caffeine, and tobacco, and losing weight if you are overweight. Medication includes over-the-counter antacids and prescription proton pump inhibitors. If you have symptoms of GERD, you should see your doctor. Treatment options include lifestyle changes, over-the-counter medications, and prescription medications.

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