

Fast Facts

Gastroesophageal Reflux Disease (GERD)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Burning sensation in chest (heartburn) -Sour taste in your mouth -Chest pain -Difficulty swallowing -Dry cough -Hoarseness or sore throat -Regurgitation of food/acid from stomach -Sensation of a lump in the throat 	<ul style="list-style-type: none"> -Antacids (Maalox, Mylanta, Tums, Rolaids, Gelusil, Gaviscon) -H2 (histamine) blockers (Tagamet HB, Pepcid AC, Axid XR, Zantac) -PPIs (Proton Pump Inhibitors) (Prevacid 24hr, Prilosec, Zegerid OTC) -Prescription strength H2 blockers or PPIs -Surgery 	<ul style="list-style-type: none"> -Maintain healthy weight -Don't smoke -Avoid tight fitting clothing -Avoid foods/drinks that can trigger heartburn (fatty/fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion and caffeine) -Eat smaller meals -Don't lie down after a meal for at least three hours -Elevate the head of your bed at least 6-9"

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