

# Gastroesophageal Reflux Disease

## What is it?

- **GERD/Gastroesophageal Reflux Disease**- gastric acid suppression, backflow of gastric acid contents into the esophagus/mouth, chest pain, difficulty or painful swallowing



## Facts:

- **Gastric Acid Reflux/Peptic Ulcer Disease**- seen more in the elderly
- **20%** -has heartburn, primary symptom
- **Affects**- > 19 million Americans
- **Lining of the stomach**- protects the stomach from acids, acids cause inflammation, pain, damage, heartburn, burning pain behind the breastbone

## What can I do?

- **See your Health Care Provider**- antacid 1 hour after meals, at bedtime to neutralize acid



- pain management as part of the treatment
- X-Ray
- corrected to prevent strangulation- immediate surgery

- **See a Registered Dietitian**- to maintain a good healthy weight for height, ask about foods high in fat, stay upright for 2 hours after eating; try small, frequent meals, bland or soft foods



- **Avoid**- alcohol, spicy foods, caffeine, coffee, tea (regular and decaffeinated), peppermint, onions, garlic, spearmint, liqueurs, chocolate; eating 2 hours before going to bed; citrus juices, tomatoes and tomato products if irritates esophagus
- **Limit Fat**- butter, margarine, bacon, ham, sausage, chips,
- **Snack Type Foods**- cakes, pies, pastries, sauces, gravies, avocado, coconut, etc..
- **High Protein Diet/Foods**- stimulates gastric secretion, increases lower esophageal sphincter pressure



- **Exercise**- daily 20 to 30 minutes per day
- **STOP SMOKING**