



Dealing with G.E.R.D.



**What is G.E.R.D. ?
G.E.R.D. stands for Gastro-
Esophageal Reflux Disease.**

**It occurs when the barrier
between the stomach and tube
from the throat (the esophagus)
fails to close properly.**

Common Symptoms

- ! Frequent Heartburn**
- ! Stomach contents comes
up into throat**
- ! Chest Pain**
- ! Swallowing problems**
- ! Hoarseness**
- ! Asthma**
- ! Coughing**
- ! Wheezing**
- ! Vocal cords
inflamed**



Lifestyle Changes to Treat

- Lose weight
- Wear loose clothing
- Sit up after meals
- Go to bed 3-4 hours after meals
- 6-8 inch blocks under head of bed



Medical Treatment

- Various medicines
 - Antacids
 - Foams that coat the stomach
 - Medicines that reduce acid made by stomach
 - Medicines that speed up stomach emptying
- Surgery as last resort

***WORK WITH YOUR
DOCTOR TO FIND THE
RIGHT TREATMENT FOR
YOU!***

Publication #FDNS-E-89-55a

Reviewed by Connie Crawley MS, RD, LD 2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force**