Gastroesophageal Reflux Disease (GERD)

Your test showed that you may have Gastroesophageal Reflux Disease. Your doctor needs to diagnose it, so talk about the results with your doctor. A copy of your test will be sent to your doctor.

Gastroesophageal Reflux Disease

- Also known as reflux or GERD
- It is a backflow of acid from the stomach into the swallowing tube or esophagus
- Some reflux is normal for everyone, but a lot can damage the esophagus
- The most common symptom is heartburn

Laryngopharyngeal Reflux (LPR)

- This is when the acid goes up to your throat area. Your throat area is more sensitive, so there is a greater chance of damage.

Common symptoms include:

- ✓ Hoarse voice
- ✓ Chronic cough
- ✓ Frequent throat clearing
- ✓ It feels like there is a lump in your throat
Problems with swallowing

Not Heartburn

DIET AND LIFESTYLE CHANGES CAN HELP

Lifestyle

- Avoid tight clothing
- Avoid smoking or second hand smoke
- Avoid non-steroid and anti-inflammatory drugs (ibuprofen, Aleve)
- Reduce Stress
- Exercise
Foods to Avoid

- Spicy or Acidic (Tomato or Citrus)
- Citrus Fruit Juice
- Fried Foods
- Caffeine (coffee, tea, soda)
- Carbonated drinks (soda)
- Chocolate
- Peppermint
- Alcohol
- Any other foods that give you trouble
  - Keep a food diary
• Pineapple and Papaya
• Table Salt (Iodized)
• *Omega 3 Fatty Acid Fish, calcium, and magnesium
  (Talk to your doctor)

During and After Meals
• ✓ Eat slowly
• ✓ Drink a glass of water after meals
• ✓ Eat several small meals throughout the day, NOT 3 large ones
• ✓ Chewing gum (NOT mint) for 20 minutes after a meal may help
• Use **warm fluids** (broth, herbal tea, etc.) with meals to help things move down the esophagus
  o **DON’T** use **caffeinated drinks**
• **DON’T** use** extremely hot or extremely cold** foods and drinks
• **DON’T** bend over or **exercise** after a meal
• **DON’T** overeat
Bedtime

- ✔ Sleep on your LEFT side

- ✔ If you take medication at night, drink a full glass of water

- ✔ Raise the head of your bed 6-8 inches with blocks or a wedge under your mattress
• Don’t eat or drink anything except water for 2-3 hours before bedtime

**Other Things to Help Reflux**

• Slippery Elm Throat Lozenges or tea

• Carrot Juice
• ½ teaspoon of fennel with a meal (chew it)

• Apples

• Ginger root

References and Useful Websites

• [www.gerd-diet.com](http://www.gerd-diet.com)

• [www.webmd.com/heartburn-gerd](http://www.webmd.com/heartburn-gerd)
  
  o search GERD

• [www.aboutgerd.org](http://www.aboutgerd.org)