



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 relaxes or weakens, allowing stomach acid to flow back up into the esophagus. This is called gastroesophageal reflux. When this happens often, it can lead to 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. In some cases, GERD can lead to a condition called Barrett's esophagus, which is a precancerous condition of the esophagus.



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 or weakens, stomach acid can flow back up into the esophagus, causing 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. In some cases, GERD can lead to a condition called Barrett's esophagus, which is a precancerous condition of the esophagus.



Lower esophageal sphincter (relaxed)

Lower esophageal sphincter (contracted)



Esophageal lining with esophagitis

Esophagitis is inflammation of the esophageal lining. It can be caused by acid reflux, infection, or a reaction to certain foods or medications. Symptoms of esophagitis include a burning feeling in the chest and in the esophagus, difficulty swallowing, and chest pain. In some cases, esophagitis can lead to Barrett's esophagus, which is a precancerous condition of the esophagus.

Esophagitis

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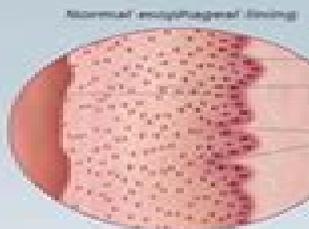


Esophageal lining with Barrett's esophagus

Barrett's esophagus is a precancerous condition of the esophagus. It is characterized by the replacement of the normal esophageal lining with a different type of lining called Barrett's esophagus. This condition is caused by long-term acid reflux. Symptoms of Barrett's esophagus include a burning feeling in the chest and in the esophagus, difficulty swallowing, and chest pain. In some cases, Barrett's esophagus can lead to esophageal cancer.

Barrett's esophagus

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Normal esophageal lining

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.
- Eat smaller meals more often.
- Don't lie down for at least 2-3 hours after eating.
- Avoid eating spicy, acidic, or fatty foods.
- Avoid eating late at night.
- Avoid eating high-fat, fried, and greasy foods.
- Avoid eating carbonated beverages.
- Avoid eating citrus fruits.
- Avoid eating chocolate.
- Avoid eating mint.
- Avoid eating coffee and tea.
- Avoid eating alcohol.
- Avoid eating high-fat, fried, and greasy foods.
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- Avoid eating citrus fruits.
- Avoid eating chocolate.
- Avoid eating coffee and tea.
- Avoid eating alcohol.

Stomach acid

Stomach acid is a strong acid that helps break down food in the stomach. It is produced by the stomach's gastric glands. Stomach acid is normally contained in the stomach, but it can flow back up into the esophagus if the lower esophageal sphincter relaxes or weakens. This is called gastroesophageal reflux. When this happens often, it can lead to 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. In some cases, GERD can lead to a condition called Barrett's esophagus, which is a precancerous condition of the esophagus.

Gastric gland



Hiatal hernia

Hiatal hernia and GERD

A hiatal hernia is a condition in which the stomach protrudes through the diaphragm. This can lead to GERD because the stomach is no longer fully supported by the diaphragm, allowing stomach acid to flow back up into the esophagus. 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. In some cases, GERD can lead to a condition called Barrett's esophagus, which is a precancerous condition of the esophagus.

Diet and medication

Diet and medication can help control GERD. Eating a balanced diet with a low-fat, low-salt diet and avoiding alcohol, caffeine, and tobacco can help. Losing weight if you are overweight and eating smaller meals more often can also help. Medication, such as proton pump inhibitors and H2 blockers, can help reduce stomach acid production. It is important to talk to your doctor about the best treatment for your GERD.

Understanding Gerd Paper Chart

TD Snyder



Understanding Gerd Paper Chart:

Understanding Gerd, Paper Chart Scientific Publishing, 2003-11-01 The Understanding GERD chart presents a detailed overview of the symptoms and causes of Gastroesophageal Reflux Disease GERD Several views show normal esophagus and stomach anatomy as well as GERD esophagitis and Barrett s esophagus Heavy gauge 3ml lamination with sealed edges and two metal eyelets for hanging makes chart highly durable Write on wipe off with dry erase marker not included

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