



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 does not close properly, allowing stomach acid to flow back up into the esophagus. This is called gastroesophageal reflux disease (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 severe cases, GERD can lead to complications such as esophagitis, Barrett's esophagus, and even esophageal cancer.



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, it allows food to pass from the esophagus into the stomach. However, if the LES relaxes too often or for too long, stomach acid can flow back up into the esophagus, causing GERD. This can lead to inflammation of the esophagus (esophagitis) and, in severe cases, Barrett's esophagus.



Lower esophageal sphincter (normally closed)

Lower esophageal sphincter (relaxed)



Esophageal lining with esophagitis

Esophagitis is inflammation of the lining of the esophagus. It is caused by stomach acid refluxing back up into the esophagus. The acid irritates the lining, causing it to become red, swollen, and inflamed. Symptoms include heartburn, chest pain, and difficulty swallowing. In severe cases, it can lead to complications such as Barrett's esophagus.

Esophagitis

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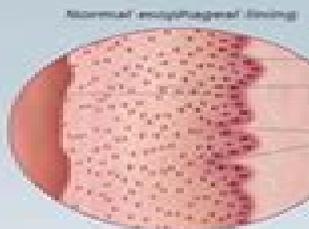


Esophageal lining with Barrett's esophagus

Barrett's esophagus is a condition in which the lining of the esophagus changes from normal squamous epithelium to a more glandular, columnar epithelium. This change is caused by long-term acid reflux. Barrett's esophagus is a precancerous condition that can lead to esophageal cancer.

Barrett's esophagus

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Normal esophageal lining

Taking control of GERD

- Eat a smaller, frequent meal
- Avoid alcohol, caffeine, and fatty foods
- Don't eat or drink right before going to bed
- Don't eat or drink right after going to bed
- Avoid eating or drinking right before going to bed
- Avoid eating or drinking right before going to bed
- Avoid eating or drinking right before going to bed
- Avoid eating or drinking right before going to bed

Stomach acid

Stomach acid is a mixture of hydrochloric acid and other substances. It is produced by the stomach to help break down food and kill bacteria. However, too much stomach acid can cause GERD and other digestive problems.

Gastric gland



Hiatal hernia

Hiatal hernia and GERD

A hiatal hernia occurs when the stomach protrudes through the diaphragm. This can lead to GERD because the stomach is no longer fully supported by the diaphragm, allowing acid to reflux more easily.

Diet and medication

There are several ways to manage GERD. Diet changes, such as eating smaller meals and avoiding trigger foods, can help. Medication, such as proton pump inhibitors (PPIs) and H2 blockers, can also be used to reduce stomach acid production.

Understanding Gerd Paper Chart

Zhe Xu



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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