



## GERD

- Gastroesophageal Reflux Disease (GERD) is when stomach acid refluxes up into the esophagus and even into the back of the mouth
- Causes could be Lifestyle (caffeine, spicy & citrus foods, fatty foods, carbonated drinks, alcohol, smoking, being overweight, eating right before bedtime) or having a weak esophageal valve

## Presentation

- Common symptoms are heartburn, chest pain, trouble swallowing, burping, sour taste in mouth, cough, hoarseness, asthma, sleep apnea

## Complications

- Barretts Esophagus is a precancerous change that occurs in the esophagus after years of acid damage to the area. 10% of those who have Barretts can develop esophageal cancer
- Esophageal Stricture is when scar tissue develops in the esophagus leading to difficulty swallowing

## Treatment

- Lifestyle Modification: reduce or avoid the above mentioned lifestyle causes
- Antacid Medications: Tums, Gaviscon, Pepcid, Tagamet, Omeprazole, Pantoprazole, Esomeprazole, Rabeprazole, Dexilant
- Surgery: Nissen Fundoplication, Linx or MUSE or Stretta Procedure