

MARG

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More About GERD/Acid Reflux

Over 50 million Americans suffer from ACID REFLUX daily

What is acid reflux? If you have frequent and persistent heartburn—two or more days a week—you may have acid reflux disease, also known as gastroesophageal reflux disease (GERD). The esophagus is the tube that connects the mouth to the stomach. A valve at the lower end of the esophagus opens to allow food and liquid to enter the stomach and closes to keep acid and food in the stomach. When this valve does not work correctly, it causes stomach acid to get into the esophagus over and over again, causing GERD.

What are the symptoms? Persistent heartburn, stomach acid rising, burning in the throat and chest, regurgitation, bloating, and nausea and/or vomiting.

What are the risks? Erosive Esophagitis – erosion of the lining and severe damage caused to the esophagus. Dysphagia – development of strictures, which make the esophagus narrow and closed up, a painful condition making it difficult to swallow. Barrett’s esophagus – an abnormal growth of cells which may lead to cancer of the esophagus.

While there is no cure for GERD, certain changes can ease symptoms

Lifestyle changes: Eat small, well-balanced meals, exercise, avoid smoking, avoid tight fitting clothing, eat no later than 2 or 3 hours before bedtime.

Foods to avoid: Coffee, tea, alcoholic beverages, carbonated drinks, citrus fruits, chocolate, peppermint/spearmint, fried and fatty foods, foods with tomatoes, onions and garlic

We Conduct Clinical Research Studies for GERD/Acid Reflux:

For more information contact us at (858) 277-5678.

Or click on “Learn About Our Studies” on our site to fill out a sign-up form.