



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

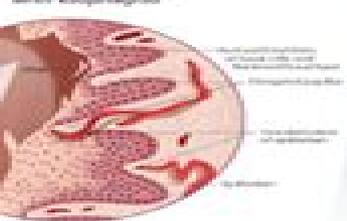
The lower esophageal sphincter (LES) is a ring of muscle at the bottom of the esophagus that normally stays contracted, preventing stomach acid from flowing back up into the esophagus. When the LES relaxes or weakens, stomach acid can flow back up into the esophagus, causing GERD. This can lead to inflammation and damage to the esophageal lining.



Lower esophageal sphincter (normal)



Esophageal lining with esophagitis

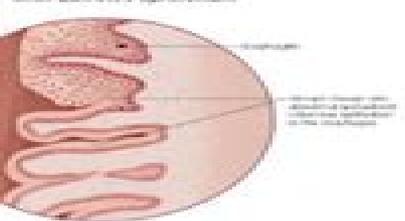


Esophagitis

Esophagitis is inflammation of the lining of the esophagus. It is caused by stomach acid refluxing back up into the esophagus. Symptoms include a burning feeling in the chest and difficulty swallowing. In some cases, it can lead to Barrett's esophagus.

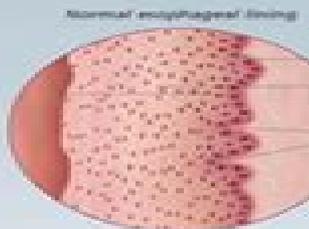


Esophageal lining with Barrett's esophagus



Barrett's esophagus

Barrett's esophagus is a condition in which the normal lining of the esophagus is replaced by a different type of lining called columnar cells. This is caused by long-term GERD. Barrett's esophagus is a precancerous condition and can lead to esophageal cancer. Symptoms include difficulty swallowing and chest pain.



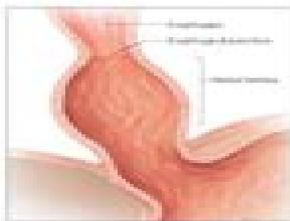
Taking control of GERD

- Eat a smaller meal (avoid eating late in the evening)
- Avoid alcohol, caffeine, and fatty foods
- Don't lie down right after eating (wait 2-3 hours)
- Don't eat too fast (chew food well)
- Avoid eating spicy, acidic, or citrusy foods
- Avoid eating salty, fatty, and greasy foods
- Avoid eating carbonated beverages
- Avoid smoking
- Avoid tight clothing and high heels
- Elevate the head of your bed
- Avoid lying on your back

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. When stomach acid flows back up into the esophagus, it can cause irritation and damage to the esophageal lining, leading to GERD.

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 diaphragm normally helps keep stomach acid from flowing back up into the esophagus. A hiatal hernia can also lead to difficulty swallowing and chest pain.

Diet and medication

There are several ways to manage GERD. Diet and lifestyle changes can help reduce symptoms. Medication can also be used to control stomach acid. Surgery may be an option for some people. It is important to talk to your doctor about the best treatment for you.

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