



# 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, the sphincter relaxes or weakens, allowing stomach acid to flow back up into the esophagus. This is called gastroesophageal reflux. When this happens often, it is called 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. This can lead to inflammation and damage to the esophageal lining.



Lower esophageal sphincter (normally closed)

Lower esophageal sphincter (relaxed)



### Esophageal lining with esophagitis

Esophagitis is inflammation of the esophagus. It is caused by irritation from stomach acid, infection, or a reaction to certain medications. The inflammation causes the esophageal lining to become red, swollen, and sore. This can lead to difficulty swallowing and chest pain.

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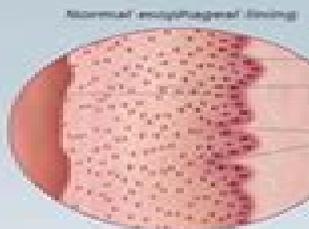


### Esophageal lining with Barrett's esophagus

Barrett's esophagus is a condition in which the normal squamous epithelium of the esophagus is replaced by columnar epithelium. This change is thought to be caused by long-term acid reflux. Barrett's esophagus is a precancerous condition and can lead to esophageal cancer.

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### Normal esophageal lining

### Taking control of GERD

- Eat a balanced diet with less fat, sugar, and caffeine.
- Avoid alcohol, tobacco, and spicy foods.
- Lose weight if you are overweight.
- Don't eat or drink right before going to bed.
- Elevate the head of your bed.
- Avoid tight-fitting clothes and belts.
- Stop smoking if you smoke.
- Avoid lying down after meals.

### Stomach acid

Stomach acid is a mixture of hydrochloric acid and enzymes that help break down food. It is produced in the stomach and flows back up into the esophagus when the LES relaxes or weakens.

### 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 acid is closer to the esophagus, and the LES is weakened.

### Diet and medication

There are several ways to manage GERD. Diet and medication are the most common treatments. Diet changes include eating smaller meals, avoiding trigger foods, and not eating late at night. Medication includes antacids, H2 blockers, and proton pump inhibitors. It is important to talk to your doctor about the best treatment for you.

# Understanding Gerd Paper Chart

**Léo Pomar**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

## **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 **Meggs'**

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many attractive new photographs which are informative to the navigator *Graphic Communication Through Isotype*, 1981  
*Federal Register*, 2013-09 [How to Stop Heartburn](#) Anil Minocha, Christine Adamec, 2001-06-26 Discusses the causes of gastroesophageal reflux disease its symptoms and its potentially serious complications if left untreated and explores treatment options ranging from nutritional and lifestyle changes to drugs and surgery [Pediatric Surgery and Urology](#)  
Mark D. Stringer, Keith T. Oldham, Pierre D. E. Mouriquand, 2006-11-09 This highly regarded textbook provides a unique clinical reference for all pediatric surgeons This new edition analyzes and updates what is known about long term outcomes in pediatric surgery and urology The editors have succeeded in bringing together critical reviews written by leading international experts in pediatric surgery and urology The second edition of this successful and popular textbook has been completely revised and updated with new chapters on urolithiasis small bowel transplantation pancreatitis and breast disorders and a completely new section on trauma An understanding of long term outcomes is critical if individual surgeons and health policy makers are to achieve optimum results in current clinical practice This is an essential reference source for pediatric surgeons and urologists pediatricians adult specialists and others dealing with the sequelae of childhood surgical problems *Imaging in Gastroenterology E-Book* Michael P. Federle, Peter D. Poulos, Sidhartha R. Sinha, 2019-04-30  
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