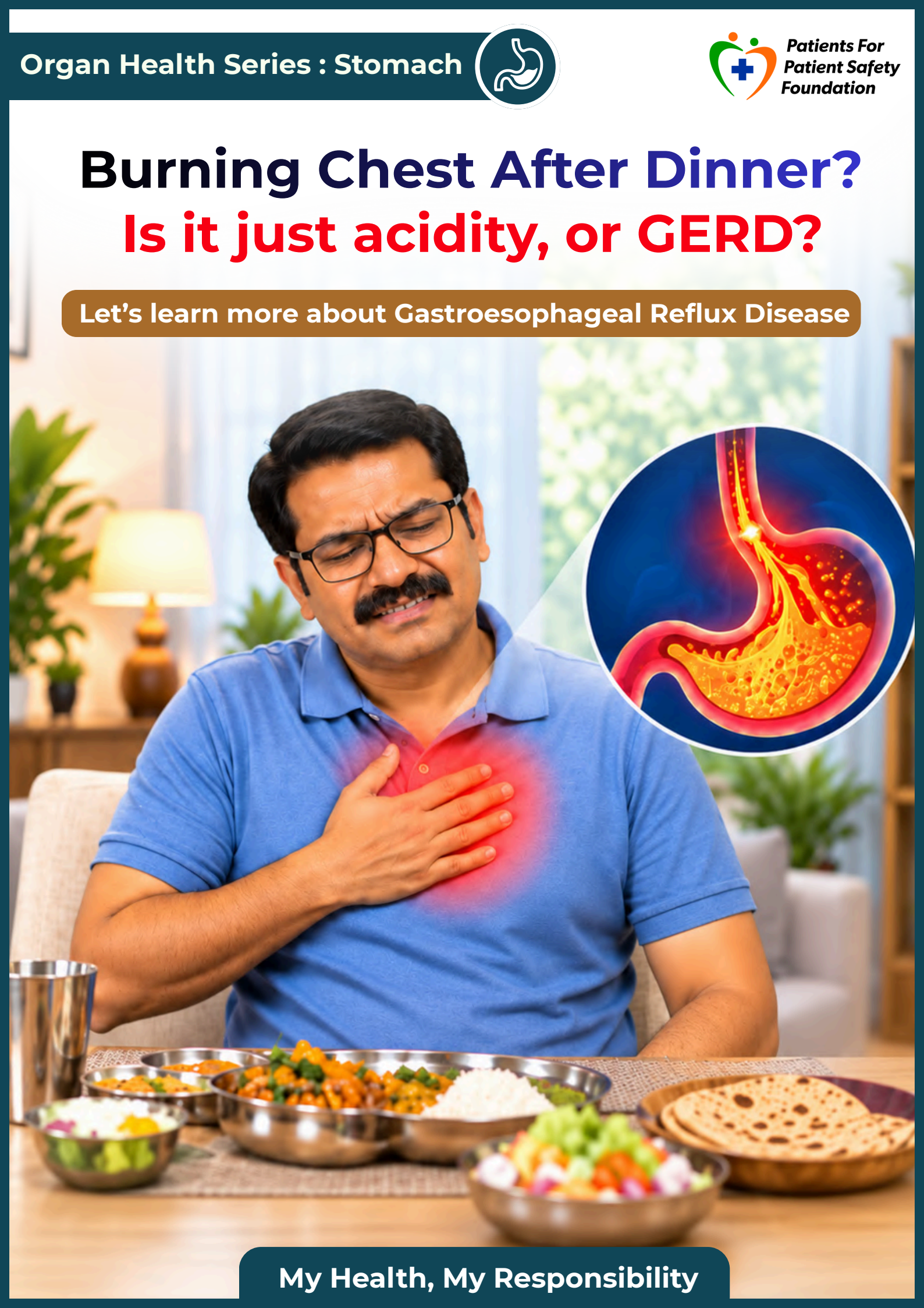
Organ Health Series : Stomach

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Burning Chest After Dinner?
Is it just acidity, or GERD?

Let’s learn more about Gastroesophageal Reflux Disease



My Health, My Responsibility

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What is GERD

(Gastroesophageal Reflux Disease)



Stomach acid flows backwards into your food pipe (oesophagus), causing heartburn, regurgitation, and other discomfort

Why is it rising?







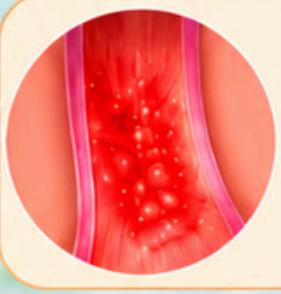
Dietary habits, obesity, and stressful lifestyles.

Next: the complications that can arise →

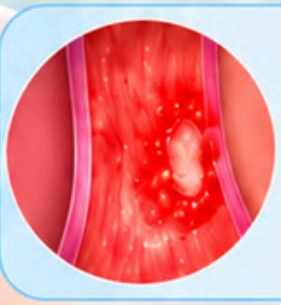
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If Left Alone, GERD Can Lead To Other Conditions





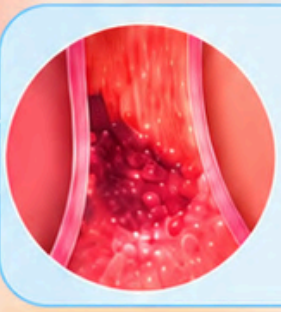
Inflamed food pipe (Esophagitis): Painful swallowing and chest discomfort.



Sores (oesophageal ulcers): They cause pain and bleeding.



Scarring (oesophageal stricture): From repeated irritation.



Lining changes (Barrett's oesophagus): Acid damage can change the lining of the lower food pipe

Next Page: Causes and symptoms of GERD →

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Some Habits Feels Harmless Some Raise Your GERD Risk

Causes and symptoms of GERD



Swipe for the risks and the signs →

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5 Things That Can Raise Your GERD Risk

1 Plate



Spicy, oily, acidic foods, carbonated drinks

2 After the meal



Sleeping immediately after eating, late-night meals



3 Daily life



Stress, insufficient sleep, unhealthy routines, excessive smoking or drinking

4 Body



Obesity or being overweight, pregnancy

5 Medicines



Certain painkillers, pressure drugs, antidepressants

Next: the signs to look out for →

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Know the signs of GERD

Most common



Heartburn

Regurgitation

(Acid or food flowing back up, often with a sour or bitter taste)

Also possible



Nausea



Chest pain



Difficulty swallowing



Chronic cough



Water brash (excess saliva mixed with stomach acid)



A lump-in-the-throat feeling



Symptoms may be mistaken for general acidity. If they occur frequently, they may signify GERD.

Next Page: Heartburn, acid reflux and GERD: what's the difference? →

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Heartburn. Acid Reflux. GERD. Are three names for one thing?



Not quite. They're related, but each one means something different.

Swipe to tell them apart →

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Heartburn vs Acid Reflux

	Heartburn	Acid Reflux
		
What is it?	A symptom. It's something you feel.	A condition. It's something that happens inside your body.
What happens?	A burning feeling in the chest, usually after eating. Bending over or lying down can make it worse.	Stomach acid flows back up into the food pipe because the valve between them is weak.
How are they linked?	Heartburn is a symptom of acid reflux. It has nothing to do with the heart.	Acid reflux can cause heartburn, along with other symptoms like a cough or a sour taste.

Next: where GERD fits in →

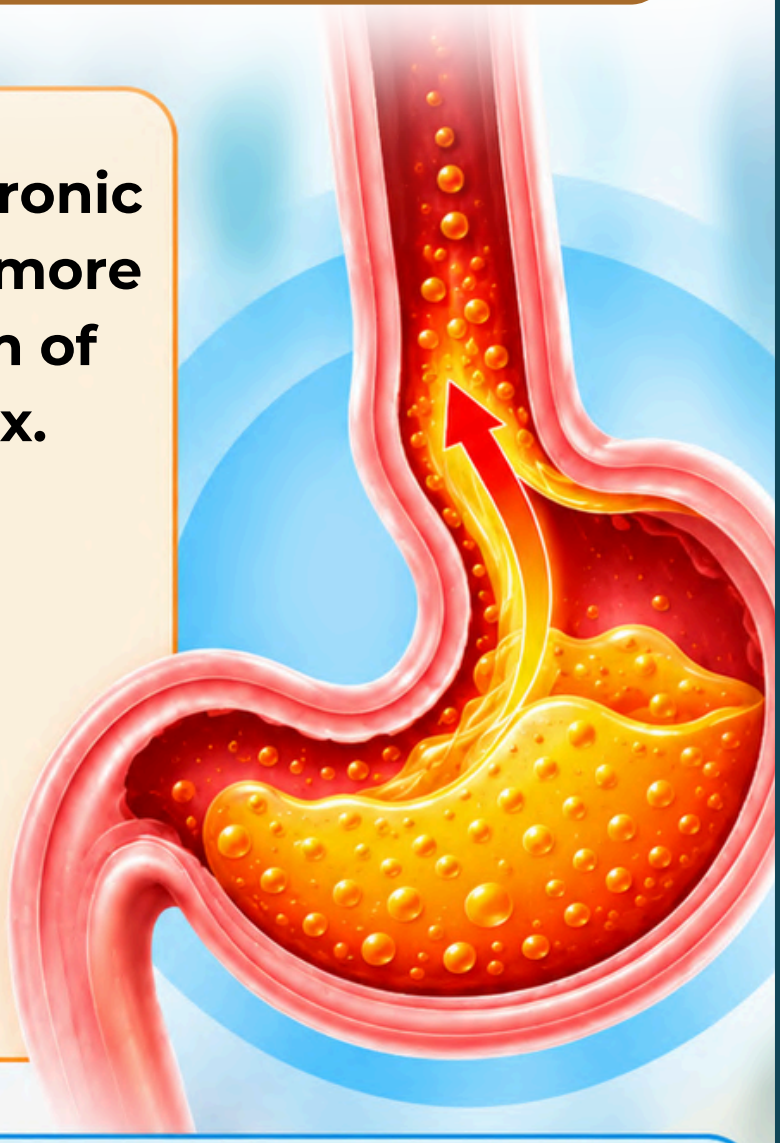
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GERD: When Acid Reflux Keeps Coming Back



GERD is a chronic condition, a more severe form of acid reflux.

It's diagnosed when reflux happens more than twice a week, or when it inflames the food pipe.





Heartburn is a symptom of **both acid reflux and GERD.**

Next : How GERD is diagnosed →

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That Burn in Your Chest Keeps Coming Back Could be GERD

Here's how doctors start their diagnosis.

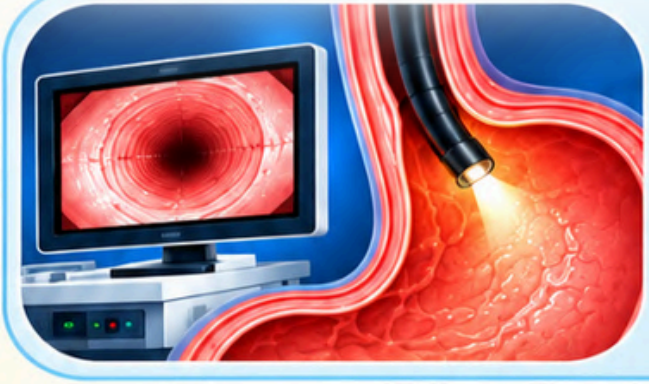


Swipe to see the 3 tests your doctor may suggest →

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3 Tests Your Doctor May Suggest

If symptoms persist, your doctor may recommend specialised tests to determine how severe the problem is.



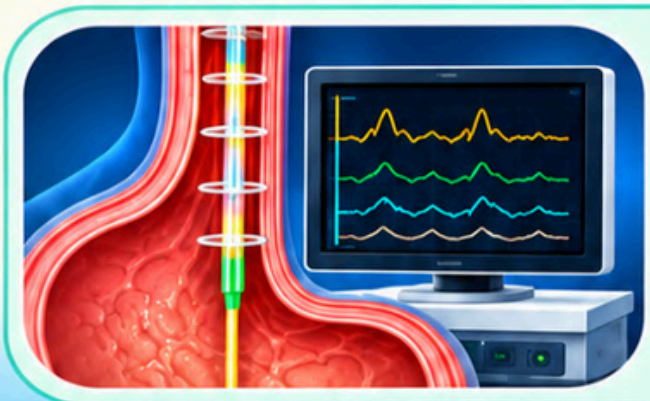
Upper endoscopy

A thin tube with a camera looks at the lining of the food pipe.



Oesophageal pH monitoring

A small device measures how acidic the food pipe gets over 24 to 48 hours.



Oesophageal manometry

Checks how strongly the food pipe muscles squeeze when you swallow

Next : How GERD is treated →

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From Everyday Habits to Medical Care

3 Treatment options for GERD



Swipe to start with the habits →

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Option 1 :

6 Lifestyle Changes That Help with GERD

Weight:

Lose weight, especially around the abdomen



Bed:

Raise the head by 6 to 8 inches



Meals:

Eat smaller, more frequent meals



After eating:

Avoid lying down for 2 to 3 hours



Triggers:

Identify and avoid them



Avoid:

Smoking, alcohol, caffeine and fatty acids



Next: persistent or severe reflux →

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For Persistent or Severe Reflux





Option 2 :

Medications

For those with persistent or severe acid reflux, doctors often recommend medications to reduce stomach acid and protect the oesophagus from damage



Option 3 :

Surgery

In some severe cases, surgery may be recommended

Take charge of your digestive health!
Follow PFPSF for more simple, reliable health tips and patient safety updates.



Listen to your body. Small changes today can lead to a healthier tomorrow

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