



HEALTH RECORD GASTROESOPHAGEAL REFLUX DISEASE (GERD)

GERD results from an abnormal passage of gastric contents into the esophagus due to decreased effectiveness of the lower esophageal sphincter or other contributing factors.

Symptoms

- ✓ Heartburn
- ✓ Acid reflux
- ✓ Pain behind the breastbone
- ✓ Chronic cough
- ✓ Sore throat
- ✓ Hoarseness
- ✓ Bad taste in the mouth

Contributing factors

- Overweight
- Hearty meals
- Alcohol
- Tobacco
- Certain medications
- Hiatal hernia

Conventional treatments

Proton pump inhibitors (PPIs)
Antacids
Hygiene and dietary measures
Surgery in certain specific cases

Complementary approaches

Adjusting your diet, avoiding late meals, maintaining a healthy weight and adopting certain postural measures can help limit reflux episodes.

When to consult a doctor?

If symptoms occur several times a week, persist despite basic measures, or are accompanied by difficulty swallowing, unexplained weight loss, or vomiting of blood.

Bellis Wellness Clinic Approach

We offer a comprehensive approach aimed at identifying dietary and behavioral factors that may contribute to reflux, in addition to medical follow-up.

