



Heartburn & GERD

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Heart Burns

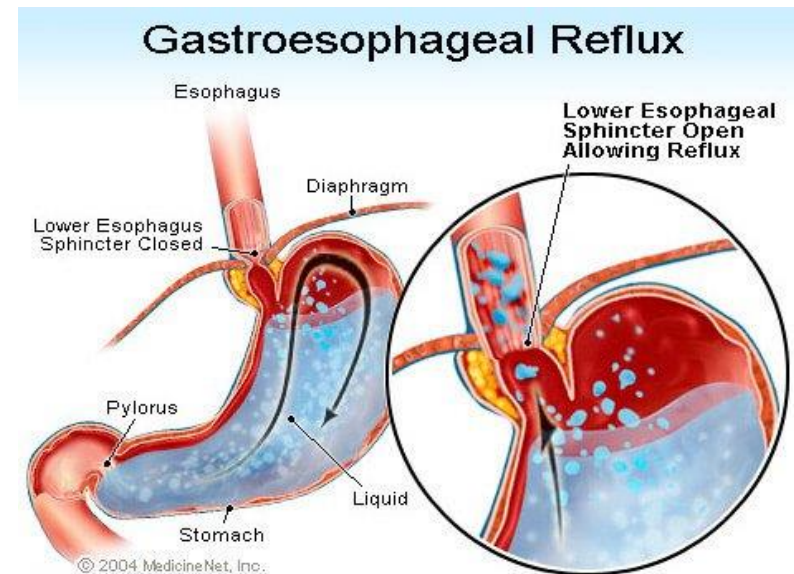
- Heartburn is a form of uncomfortable **indigestion** that causes painful burning sensation in the chest or upper abdomen.
- It's closely related to **acid reflux**- back flow of stomach acid into the esophagus



GERD (Gastro Esophageal Reflux Disease)

- Digestive juices rise up with the food
- GER occurs when the **lower esophageal sphincter (LES)** opens spontaneously
- LES is a ring of muscle at the bottom of the esophagus that acts like a valve between the esophagus and stomach
- Stomach contents rise up into the esophagus
- When acid touches the lining of the esophagus, it may cause a burning sensation in the chest or throat called heart burn

Persistent reflux that occurs more than a week is considered **Gastro esophageal reflux disease (GERD)**



Long-term Complication of GERD

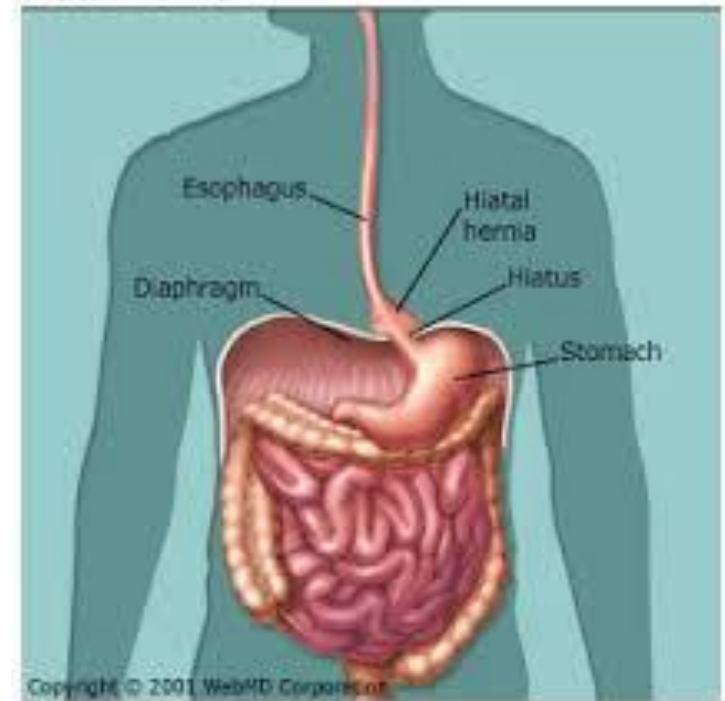
- Chronic & untreated
- Damage the lining of esophagus
- Bleeding or ulcers
- Scarring/stricture of esophagus
- Barrett's Esophagus- Precancerous condition
- Esophagus cancer

What causes GERD?

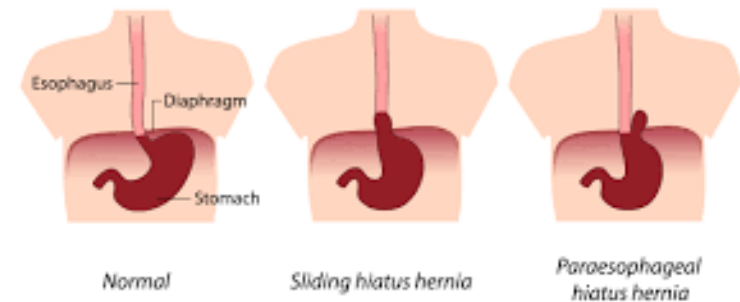
- Hiatal hernia
- Aging
- Obesity
- Smoking
- Food



Hiatal Hernia

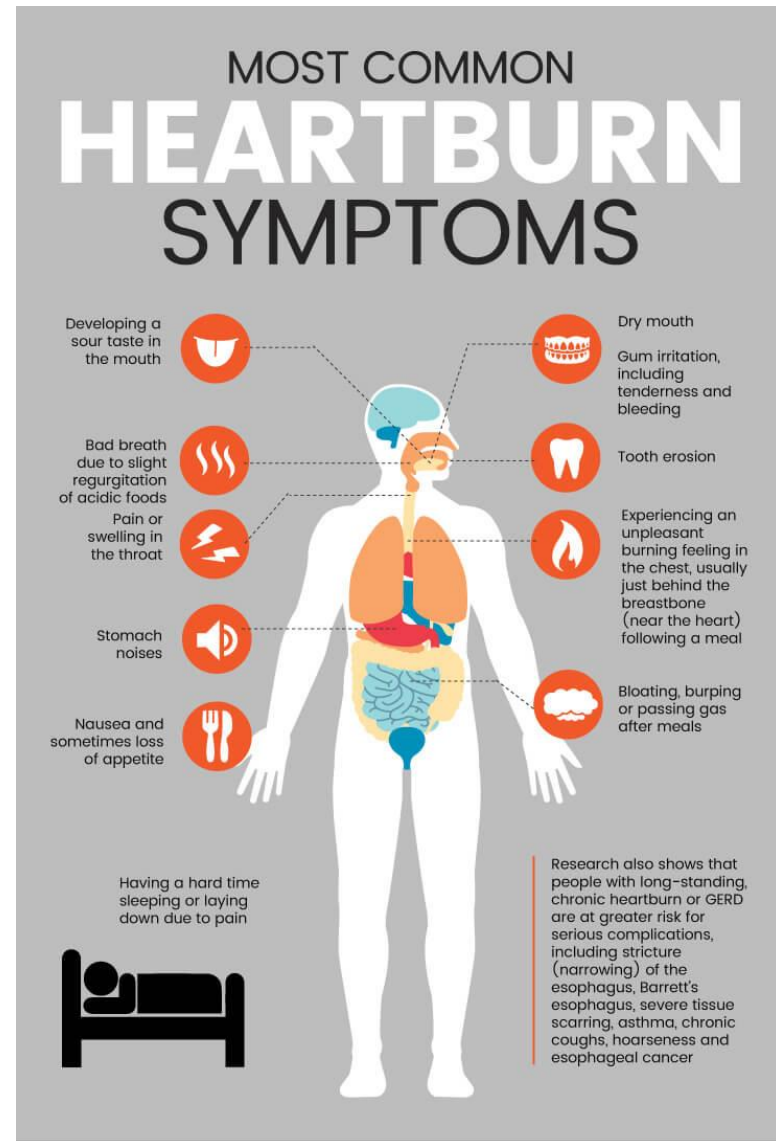


Hiatus Hernia



Symptoms of GERD

- Regurgitation of food or sour liquid (acid reflux)
- Sensation of a lump in your throat
- Heartburn
- Indigestion
- Dry cough
- Asthma symptoms
- Trouble swallowing (dysphagia)
- Hoarseness or sore throat
- Regurgitation of food or sour liquid (acid reflux)
- Sensation of a lump in your throat



Common foods that can worsen reflux symptoms

- Citrus fruits
- Chocolate
- Caffeinate drink
- Alcohol
- Fatty and fried foods
- Garlic and onions
- Mint flavorings
- Spicy foods
- Tomato-based foods (spaghetti sauce, salsa, chilly, and pizza)

THE HEARTBURN DIET PLAN

FOODS TO AVOID



Processed foods high in things like salt, sugar, refined oils and synthetic additives



Alcohol and caffeinated drinks



Carbonated beverages, sugary drinks or energy drinks



Too much added sugar and artificial sweeteners



Fried foods and vegetable oils, including canola oil



Spicy foods



Sometimes acid foods like citrus fruits, garlic, onions and tomatoes

Foods that help digesting process

Papaya

Pineapple

Avocado

Apple cider vinegar

Yogurt/Kefir

Honey

Ginger

Probiotics

Melatonin

Magnesium



Lifestyle Changes

- Stop smoking, if you smoke
- Avoid foods and beverages that worsen symptoms
- Lose weight if needed
- Eat small, frequent meals
- Change the way you eat, slow down...
- Don't overeating
- Wear loose-fitting clothes
- Avoid lying down after a meal (for three hours)
- Raise the head of the bed 6-8 inches at night
- Use medication wisely with lifestyle changes

Medications

| | Category | OTC | Prescription |
|---------------|--|---|--|
| Category 1 | Anti-acid | Maalox Mylanta Gelusil Gaviscon Rolaids Tums | |
| 2 | H2 blocker- Reduce Acid | Tagamet Pepcid AC Axid AR Zantac | Tagamet Pepcid Axid Zantac |
| 3 | Proton Pump inhibitors- long lasting decrease the production of gastric acid | | Nexium Prevacid Prilosec, Zegerid Protonix Aciphen Dexilant |