

GERD (Gastro Esophageal Reflux Disease)

Frequently known as heartburn or acid indigestion, it is a common disorder. GERD refers to a backward flow of gastric contents into the esophagus past the lower esophageal sphincter without the association of belching and vomiting.

Anti-Reflux Diet includes:

- ❑ Elevate head of bed 4-6 inches, use blocks beneath the legs of the bed to do this, do not use 2-3 pillows or a wedge
- ❑ Reduce fluid intake after evening meal
- ❑ Avoid lying down after full meals for 2-3 hours
- ❑ Eat a high protein, lower fat diet
- ❑ Frequent smaller meals may be needed
- ❑ Avoid:
 - Fats (fried and fatty foods)
 - Chocolate
 - Alcohol and tobacco
 - Peppermint
 - Tomatoes and tomato based foods (spaghetti, chili, pizza)
 - Citrus
 - Tight clothing
 - Caffeine
 - Garlic and onions and spicy foods
 - If overweight lose excess weight
 - If a food increases your discomfort avoid it
- ❑ Symptoms may include “waterbrash” – a sudden excess in saliva
 - Inflammation of the gums
 - Hoarseness, sour taste in the mouth, bad breath
 - Chest pain
 - Difficulty or pain when swallowing, belching, sore throat,
 - Nausea and vomiting
 - Occur frequently after meals and when lying down

Web sites for good information include Web MD and Medline