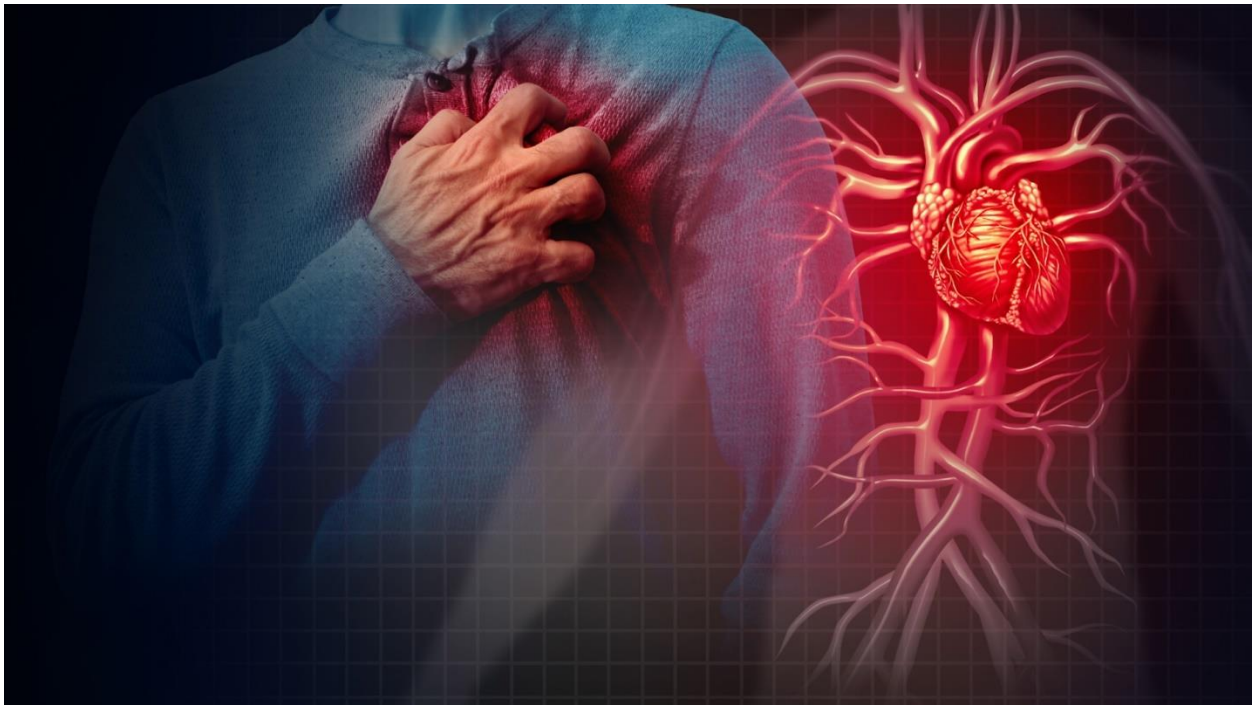


Gastroesophageal reflux disease: Stop the Heartburn!



GERD (gastroesophageal reflux disease, also known as chronic acid reflux) is a condition in which acid-containing contents from your stomach leak back up into your esophagus. This tube connects your throat to your stomach. Acid reflux occurs when the lower esophageal sphincter, a valve at the end of your esophagus, fails to close correctly when food enters your stomach. The acid backwash then flows up through your esophagus into your throat and mouth, leaving you with a sour taste.

Almost everyone worldwide experiences acid reflux at some point in their life. It is normal to experience acid reflux and heartburn on occasion. However, if you have acid reflux/heartburn more than twice a week for several weeks, take heartburn medications and antacids regularly, and your symptoms persist, you may have GERD. Your expert online doctor should treat your GERD. GERD not only alleviate your symptoms but also can lead to more severe problems. Don't let persistent acid reflux get in the way of living your life. Instead, take a [tele appointment with a doctor](#) if you believe you may have symptoms of GERD.

How do you know you have GERD?

Everyone has had gastroesophageal reflux at some point in your life. It may occur when you burp, have an acidic taste in your mouth, or suffer from heartburn. However, if these symptoms persist and interfere with your daily life get a tele appointment with a doctor:

Other symptoms that may indicate GERD include:

- Acid regurgitation (tasting your food after eating)

- Difficulty or pain when swallowing
- Sudden excess of saliva
- Chronic sore throat
- Laryngitis or hoarseness
- Inflammation of the gums
- Cavities
- Bad breath
- A recurring or chronic cough
- Chest pain (seek immediate medical help)

If you experience any of these GERD symptoms often, you're not alone. Book a tele appointment with the doctor to get immediate treatment.

How to get an early and right Diagnosis?

GERD can be diagnosed using a variety of tests, including:

- Upper digestive system X-ray
 - Endoscopy (examines the inside of the esophagus)
 - Acid (pH) ambulatory test (monitors the amount of acid in the esophagus)
 - EI test (esophageal impedance) (measures the movement of substances in the esophagus)
- If you've been diagnosed with GERD, your expert online doctor will assist you in developing a treatment plan that works for you.



What causes GERD?

There is no single cause of GERD; there is a mechanism in your body that, when not functioning correctly, can increase your chances of getting it. The [lower esophageal sphincter](#) is a circular band of muscle located at the bottom of the esophagus. When it is functioning correctly, it relaxes and opens when you swallow. After that, it tightens and closes again.

Acid reflux occurs when the lower esophageal sphincter (LES) fails to tighten or close properly. This allows digestive juices and other stomach contents to rise into your esophagus.

Other Possible Causes include:

Hiatal hernia: This occurs when a portion of the stomach moves above the diaphragm and toward the chest. If your diaphragm is damaged, it increases the likelihood that your LES will not function properly.

Frequently consuming large meals: This can result in stomach distension in the upper part. This distension can indicate a lack of pressure on the LES, causing it to fail to close correctly.

Lying down too soon after a meal. This can also result in less pressure than the LES requires to function correctly.

If you find yourself experiencing acid reflux more than twice a week and these small lifestyle changes are not fixing anything, you may be dealing with GERD. It's always recommended to talk to an expert online doctor.

What puts you at risk of GERD?

While there is no single cause of GERD, certain lifestyle choices and health factors can increase the likelihood of a diagnosis. These are some examples:

- Obesity and inactive lifestyle
- Being pregnant while suffering from a connective tissue disorder
- Smoking frequently, eating large meals regularly, lying down, or going to sleep soon after eating
- Consuming a lot of certain types of foods, such as deep-fried or tomato-based products
- Consuming certain beverages, such as soda, coffee, or alcohol, while taking an abundance of nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin or ibuprofen
- Alcohol

Many studies have linked alcohol consumption and GERD, and it appears that the more alcohol you drink, the more likely you are to develop GERD. While the link is unclear, does alcohol directly affect the LES, or do people who drink a lot also have other behaviors that lead to GERD? However, it is clear that limiting or discontinuing alcohol consumption after being diagnosed may provide some symptom relief. Although GERD can restrict your daily activities, it is rarely fatal. You should feel better if you understand the causes and receive proper treatment from expert online doctors.

With **MyLiveDoctors**, you can make a tele appointment with a doctor. If you've been suffering from acid reflux/heartburn for several weeks and have been taking heartburn and antacids regularly, but your symptoms keep returning. [Expert online doctors](#) will assist in determining the best course of treatment and timely disease monitoring to avoid complications.