Heartburn & GERD

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Heart Burns

• Heartburn is a form of uncomfortable indentation 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
- Scaring/stricture of esophagus
- Barrett’s Esophagus - Precancerous condition
- Esophagus cancer
What causes GERD?

- Hiatal hernia
- Aging
- Obesity
- Smoking
- Food

![Diagram of Hiatal Hernia and Stomach Bulges](Image)
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)
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

<table>
<thead>
<tr>
<th>Category</th>
<th>OTC</th>
<th>Prescription</th>
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</thead>
<tbody>
<tr>
<td><strong>Category 1</strong></td>
<td>Anti-acid</td>
<td>Maalox, Mylanta, Gelusil, Gaviscon, Rolaids, Rolaid, Tums</td>
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<tr>
<td>Category 2</td>
<td>H2 blocker- Reduce Acid</td>
<td>Tagamet, Pepcid AC, Axid AR, Zantac</td>
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<tr>
<td>Category 3</td>
<td>Proton Pump inhibitors- long lasting decrease the production of gastric acid</td>
<td>Nexium, Prevacid, Prilosec, Zegerid, Protonix, Aciphex, Dexilant</td>
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