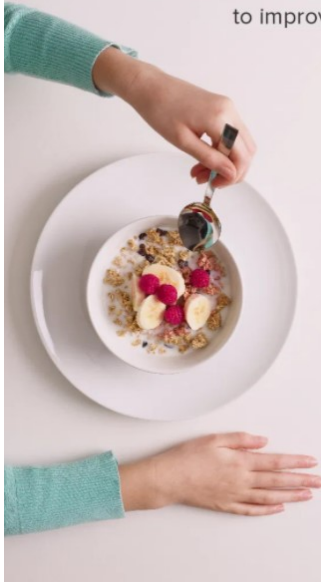


GERD AWARENESS WEEK



LIFESTYLE CHANGES to improve GERD



- Avoid smoking and being around secondhand smoke
- Maintain a healthy weight
- Eat smaller meals
- Try to move around a little after you eat
- Avoid tight clothing around your middle

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Signs and Symptoms of GERD

The most common symptoms of GERD are acid indigestion and heartburn. You may burp, feel bloated, or feel pain and tightness in the chest. Other symptoms of GERD include:

- nausea and vomiting
- difficulty swallowing
- tooth erosion and bad breath
- respiratory problems
- abdominal pain

What Is GERD?

Gastroesophageal reflux disease (GERD) is a lifelong condition that affects the digestive system. Some people have heartburn from time to time, if you feel that burning in your chest more than twice a week, you might have GERD. The condition is a more serious and long-lasting form of acid reflux.

PREVALENCE OF GERD in the United States

15% - 30%
of the U.S. population
has GERD, according
to a review from 2014

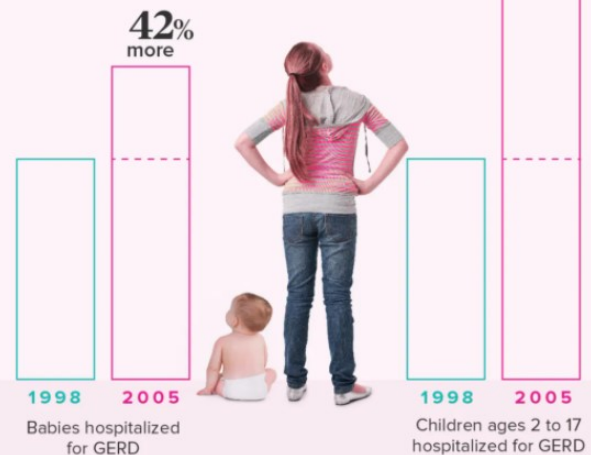


Hospitalizations for GERD:

1998
995,402

2005
3.14
million

84%
more



Sources: National Institute of Diabetes and Digestive and Kidney Diseases
El-Serag HB, Sweet S, Winchester CC, Dent J. Update on the epidemiology of gastro-oesophageal
reflux disease: a systematic review. Gut.

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