

*Parish Nurse Notes*

November 22 - 28 is Gastro esophageal Reflux Disease Awareness Week

**GERD**, or gastro esophageal reflux disease, is a condition which develops when the back-flow (reflux) of stomach contents causes troublesome symptoms and/or complications. Serious health problems can result if it is not treated properly.

**Signs can be Clear – But Easily Missed**

The most frequent symptom of GERD – is heartburn – it is so common that it may not be seen as part of a disease. But repeated heartburn can be a sign of GERD.

Heartburn is not the only symptom of GERD. Trouble swallowing, sore throat or hoarseness in the morning are just a few other signs. And GERD may be present even without heartburn.

**Get the Right Treatment**

GERD is generally a treatable disease. All too often, GERD is either self-treated or mistreated. Talking to a doctor is important to receive proper diagnosis and treatment.

GERD treatments range from lifestyle or diet changes to the use of medication or surgical procedures. If you have signs of GERD, get an accurate diagnosis, work with your doctor, and receive the most effective treatment available.

For information and support regarding GERD call the IFFGD Heartburn Helpline at 1-888-964-2001