

Do You Have Gastroesophageal Reflux Disease (GERD)?

Gastroesophageal Reflux Disease (GERD)

GERD is a digestive disorder that allows food and stomach acid to back up into your esophagus. It often causes a feeling described as heartburn or acid indigestion.

Do you have any of these symptoms every day or more than three times a week?

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| ■ Heartburn or acid indigestion | yes | no |
| ■ A feeling that food is coming back into your mouth | yes | no |
| ■ An acidic or bitter taste in your mouth | yes | no |
| ■ Chronic (long-term) coughing | yes | no |
| ■ Trouble swallowing | yes | no |

Do you take over-the-counter medicines (such as Tums®, Zantac®, Prilosec®) more than three times a week?

yes no

If you answered “yes” to any of these questions, you may have GERD.

It is important to treat GERD to avoid some of the serious complications of long-term heartburn such as esophageal bleeding or ulcers, or cancer. To learn more, please call 612-863-0200.

