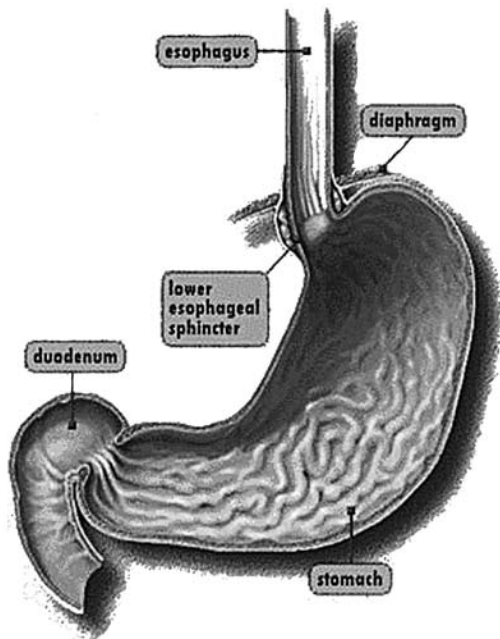


Gastroesophageal Reflux Disease (GERD)

Asheville Gastroenterology Associates & The Endoscopy Center
191 Biltmore Avenue • Asheville, NC 28801 • Phone (828) 254-0881



Cause: GERD is caused by stomach acid irritating the esophagus. The presence of stomach acid in the esophagus is abnormal and is related to failure of a “one-way” valve muscle at the lower esophagus sphincter.

Goals of Therapy:

1. Eliminate heartburn symptoms.
2. Heal the damage caused by the acid (esophagitis).
3. Prevent scarring of the esophagus since this can lead to narrowing and swallowing difficulties (esophageal stricture).
4. Prevent Barrett’s esophagus which can lead to cancer.
5. Prevent or reduce reflux-induced asthma and reflux-induced laryngitis.

TREATMENT

1. Raise the head of the bed on 6 - 8 inch blocks. An alternative is to sleep on a foam wedge of the same height. These methods are cheap and effective at keeping acid out of the esophagus - using gravity. Sleeping on 2 or 3 pillows is not enough!
2. Lose weight if you are overweight. Even 10 lbs. can make a difference.
3. Eat no large meals and no food 2 -3 hours before going to bed.
4. Avoid garments that are tight across the abdomen.
5. Avoid those things which cause you heartburn. Common offenders are spicy foods, alcohol, tobacco, coffee, cola drinks, chocolate, peppermint, and fried or fatty foods.
6. Take the medications as indicated below: **Take the medication 15-30 minutes before eating.**

Aciphex, _____ mg. [] one each a.m. [] one twice a day.
Nexium, _____ mg. [] one each a.m. [] one twice a day.
Omeprazole, _____ mg. [] one each a.m. [] one twice a day.
Prevacid, _____ mg. [] one each a.m. [] one twice a day.
Prilosec, _____ mg. [] one each a.m. [] one twice a day.
Protonix, _____ mg. [] one each a.m. [] one twice a day.
_____, _____ mg. [] one each a.m. [] one twice a day.
Ranitidine, _____ mg. [] an hour before bedtime.
_____, _____ mg. [] an hour before bedtime.
Reglan, _____ mg. [] one each a.m. [] one twice a day.
Zegerid, _____ mg. [] one each a.m. [] one twice a day.