

RESPIRATORY

Asthma and GERD



ASTHMA

800.414.6675

WHAT IS GERD?

GERD (or Gastroesophageal Reflux Disease) is when acid from the stomach is pushed up into the area above it (the esophagus) and can cause irritation and discomfort.

WHAT ARE THE RISKS?

If you have GERD, the area leading to the stomach can become smaller and make it hard to swallow. It can even lead to bleeding and cancer.

WHAT ARE THE SYMPTOMS?

Some symptoms of GERD are nausea, heartburn, or chest pain. You could also have vomiting, coughing, or breathing problems.

WHAT SHOULD I DO IF I HAVE GERD?

See your doctor regularly. You can talk with him/her about your symptoms and the possible treatments for the disease. Your doctor may do a physical exam or ask about your symptoms and family history.

HOW CAN I HELP DECREASE MY SYMPTOMS?

- Lose weight (if overweight).
- Avoid lying down after meals.
- Avoid late night meals.
- Elevate the head of your bed 6 inches.
- Avoid tight fitting clothes.
- Avoid fat, chocolate, caffeine, spearmint, and peppermint.
- Stop smoking, if you smoke.
- Stop or reduce alcohol use.
- Avoid non-steroidal anti-inflammatory drugs.
- Your doctor may prescribe medication that may help you.
- You may also be referred to a specialist for additional care.

Schedule regular appointments with your doctor. If you have any symptoms that concern you, call your doctor and schedule an appointment right away.



FOR MORE INFORMATION about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).