

GASTROESOPHAGEAL REFLUX DISEASE

Gastroesophageal reflux disease (GERD) occurs when stomach acid frequently flows back into the tube connecting your mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of your esophagus.

Relaxed lower esophageal sphincter

Esophagus

Stomach

Inflamed esophagus

Acid reflux

SYMPTOMS

Common signs and symptoms of GERD include:

- A burning sensation in your chest (heartburn), usually after eating, which might be worse at night
- Chest pain
- Difficulty swallowing
- Regurgitation of food or sour liquid
- Sensation of a lump in your throat

If you have nighttime acid reflux, you might also experience:

- Chronic cough
- Laryngitis
- New or worsening asthma
- Disrupted sleep