Gastroesophageal Reflux Disease GERD Treatment Gastroesophageal reflux disease GERD often referred heartburn chronic digestive disorder occurs stomach acid backs esophagus tube connects mouth stomach backflow acid irritates lining esophagus causing burning sensation chest heartburn variety uncomfortable symptoms occasional heartburn common frequent persistent episodes significantly impact quality life Fortunately combination lifestyle modifications medications cases surgery GERD effectively managed Lifestyle modifications cornerstone GERD management Dietary adjustments play crucial role Identifying avoiding trigger foods worsen symptoms essential Common triggers include spicy acidic foods fatty fried foods citrus fruits chocolate peppermint tomato-based products Eating smaller frequent meals throughout day also help reduce pressure stomach minimize reflux Maintaining healthy weight significantly improve GERD symptoms excess weight puts extra pressure abdomen pushes stomach contents upwards Elevating head bed 6-8 inches using wedges blocks help prevent acid reflux sleep Quitting smoking vital smoking weakens lower esophageal sphincter LES muscular valve keeps stomach acid flowing back esophagus Loose-fitting clothing n't constrict abdomen also alleviate discomfort lifestyle modifications alone n't provide sufficient relief medications become necessary Over-the-counter antacids neutralize stomach acid provide quick relief occasional heartburn However frequent use antacids side effects long-term solution H2 blockers class medication work reducing stomach acid production Proton pump inhibitors PPIs potent acid-reducing medication often prescribed severe GERD medications work blocking enzyme stomach produces acid Following prescribed dosage duration medication crucial optimal effectiveness cases surgery may considered GERD Fundoplication minimally invasive laparoscopic procedure common surgical option procedure strengthens LES wrapping upper part stomach around lower esophagus Surgery typically reserved patients severe GERD respond adequately lifestyle modifications medications Living GERD requires ongoing management Identifying avoiding triggers adhering dietary modifications taking medications prescribed crucial controlling symptoms preventing complications Regular follow-up healthcare professional essential monitoring progress adjusting treatment plans needed taking proactive approach individuals GERD significantly improve quality life enjoy life less interrupted heartburn GERD symptoms