gastroesophag reflux diseas gerd treatment gastroesophag reflux diseas gerd often refer heartburn chronic digest disord occur stomach acid back esophagu tube connect mouth stomach backflow acid irrit line esophagu caus burn sensat chest heartburn varieti uncomfort symptom occasion heartburn common frequent persist episod significantli impact qualiti life fortun combin lifestyl modif medic case surgeri gerd effect manag lifestyl modif cornerston gerd manag dietari adjust play crucial role identifi avoid trigger food worsen symptom essenti common trigger includ spici acid food fatti fri food citru fruit chocol peppermint tomato-bas product eat smaller frequent meal throughout day also help reduc pressur stomach minim reflux maintain healthi weight significantli improv gerd symptom excess weight put extra pressur abdomen push stomach content upward elev head bed 6-8 inch use wedg block help prevent acid reflux sleep quit smoke vital smoke weaken lower esophag sphincter le muscular valv keep stomach acid flow back esophagu loose-fit cloth n't constrict abdomen also allevi discomfort lifestyl modif alon n't provid suffici relief medic becom necessari over-the-count antacid neutral stomach acid provid quick relief occasion heartburn howev frequent use antacid side effect long-term solut h2 blocker class medic work reduc stomach acid product proton pump inhibitor ppi potent acid-reduc medic often prescrib sever gerd medic work block enzym stomach produc acid follow prescrib dosag durat medic crucial optim effect case surgeri may consid gerd fundopl minim invas laparoscop procedur common surgic option procedur strengthen le wrap upper part stomach around lower esophagu surgeri typic reserv patient sever gerd respond adequ lifestyl modif medic live gerd requir ongo manag identifi avoid trigger adher dietari modif take medic prescrib crucial control symptom prevent complic regular follow-up healthcar profession essenti monitor progress adjust treatment plan need take proactiv approach individu gerd significantli improv qualiti life enjoy life less interrupt heartburn gerd symptom