



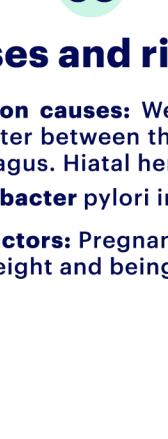
## Gastroesophageal Reflux Disease (GORD) | Symptoms, Causes and Treatment

### 01 What is gastroesophageal reflux disease (GORD)?

• **Definition:** A common condition that causes stomach acids to reflux into the esophagus, leading to symptoms such as heartburn and esophagitis.



• **Common symptoms:** Heartburn, acid reflux, burning pain in the lower chest or shoulders, nausea and vomiting, difficulty swallowing..



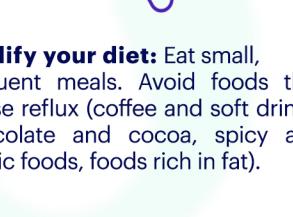
### 02

**Serious symptoms** that require medical attention :

- Vomiting blood
- Persistent difficulty swallowing
- Unexplained weight loss

### 03

**Causes and risk factors:**



- **Common causes:** Weakness of the sphincter between the stomach and esophagus. Hiatal hernia. Helicobacter pylori infection
- **Risk factors:** Pregnancy, being overweight and being over 40.

### 04

**Treatment :**

#### Step 01

• **Lifestyle modification:** Avoid tight clothing after eating.

**Elevate the head while sleeping**

Avoid lying down after meals.

Avoid eating three hours before bedtime

Avoid strenuous exercise after eating



**Modify your diet:** Eat small, frequent meals. Avoid foods that cause reflux (coffee and soft drinks, chocolate and cocoa, spicy and acidic foods, foods rich in fat).

**Choose grilled** or boiled foods instead of fried.

#### Step 02



### 05

**Additional dietary tips :**

Avoid **high-fat foods** such as fried foods,

• French fries, pastries and pizza.

**Reduce the use of oils in cooking,**

• use a teaspoon of oil per person.

**Choose healthy foods** such as fruits,

• vegetables and whole grains



### 06

**When should you consult a doctor?**

• If symptoms are severe or persistent.

• If serious symptoms such as vomiting blood or difficulty swallowing appear.

