



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..



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Serious symptoms that require medical attention :

- **Vomiting** blood
- **Persistent** difficulty swallowing
- **Unexplained** weight loss

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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.



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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



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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



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When should you consult a doctor?

- If symptoms are severe or persistent.
- If serious symptoms such as vomiting blood or difficulty swallowing appear.

