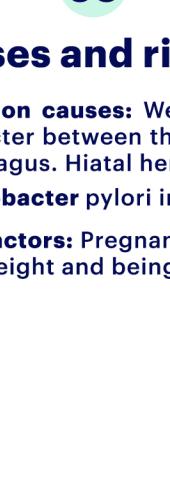




## Gastroesophageal Reflux Disease (GORD) | Symptoms, Causes and Treatment

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

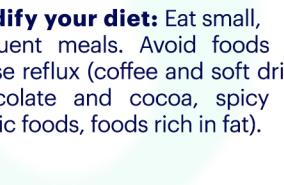
- Definition:** A common condition that causes stomach acids to reflux into the esophagus, leading to symptoms such as heartburn and esophagitis.
- Common symptoms:** Heartburn, acid reflux, burning pain in the lower chest or shoulders, nausea and vomiting, difficulty swallowing..



### 02

#### Serious symptoms that require medical attention :

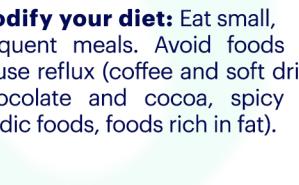
- Vomiting** blood
- Persistent** difficulty swallowing
- Unexplained** weight loss



### 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.

