

# Acid Reflux & GORD

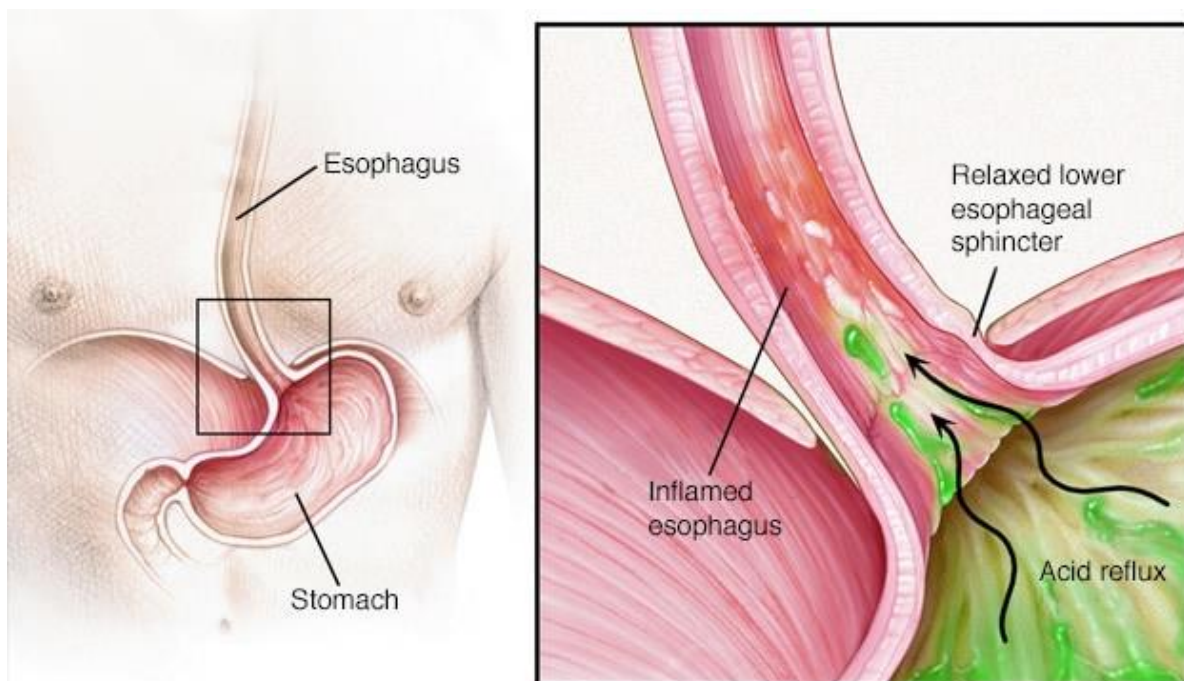
## Acid Reflux & GORD

### Overview

Acid reflux is the condition wherein acid from the stomach rises into the esophagus (food pipe or gullet). It is also known as gastro-oesophageal reflux disease (GORD).

It can be triggered by many different things which include acidic or fatty food, large meals, being overweight, smoking and alcohol.

Antacid medication may help relieve the symptoms, but it is best to see your doctor if you've been having it for days.



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

### What are the symptoms of acid reflux / GORD?

Acid reflux symptoms include:

- Heartburn
- Burning in the throat or acid taste in the throat
- Trouble swallowing
- Unexplained cough
- Stomach or chest pain
- Sore throat

### What triggers acid reflux / GORD?

Triggers for acid reflux / GORD include:

- Caffeine
- Alcohol
- Smoking
- Stress
- Obesity
- Fatty meals
- Pregnancy

**What test are necessary?**

Acid reflux / GORD can be diagnosed by the doctor based on the symptoms. A gastroscopy may be needed to investigate further. This uses a thin, flexible telescope that is passed down the esophagus into the stomach to check for any warning signs.

**What medications are available for acid reflux / GORD?**

Medication for acid reflux includes many different methods. The most common are antacids which neutralize the acids in your stomach. Other methods include histamine blockers which are stronger than antacids and generally lasts longer.

**What other changes can be done to treat acid reflux / GORD?**

Lifestyle changes also play a role in treating acid reflux. Avoiding alcohol and smoking are two of the lifestyle changes that can help a person suffering from acid reflux. Reducing weight is also one lifestyle change that overweight people can do to reduce episodes of acid reflux.