

Understanding heartburn Related to GERD

What are the symptoms?

GERD stands for gastroesophageal reflux disease. It's a condition affecting the stomach and esophagus, the tube that leads into the stomach from the throat. The main symptom of GERD is heartburn.¹

Heartburn symptoms don't always mean that your heartburn is related to GERD.¹ GERD-related heartburn is characterized by frequent and long-lasting symptoms such as daytime and nighttime heartburn, burning, a sour taste, and burping.^{1,2} Sometimes this occurs after eating too much.¹ This is all because of back-flow from the stomach to the esophagus.³

How can lifestyle changes help?

You may be able to help reduce your heartburn symptoms with a few changes to your lifestyle:^{3,4}

- Stop smoking (it relaxes the esophagus valve)

- Limit or reduce alcohol

- Achieve or maintain a healthy weight

- Don't eat too much at one time – have smaller meals instead

- Wait 2-4 hours after eating before you go to bed or lie down

- For nighttime heartburn, elevate your head when sleeping with pillows or angle the bed by placing blocks underneath the legs at the head

- Avoid fried, fatty, spicy, or acidic foods, as well as coffee, chocolate, citrus, tomatoes, and mint

Visit DEXILANT.CA to learn more

References: **1.** Healthlink BC. Gastroesophageal Reflux Disease (GERD) Topic Overview. Victoria: Healthlink BC, 2012. Accessed November 10, 2014. <http://www.healthlinkbc.ca/kb/content/major/hw99177.html>. **2.** DEXILANT® [dexlansoprazole] Product Monograph, Takeda Canada Inc. **3.** Badgut. Diet for Gastroesophageal Reflux Disease. Gastrointestinal Society, 2013. Accessed November 10, 2014. <http://www.badgut.org/information-centre/health-and-nutrition/diet-and-gerd-1.html>. **4.** Canadian Digestive Health Foundation. GERD. Canadian Digestive Health Foundation, 2012. Accessed November 10, 2014. <http://www.cdhf.ca/en/disorders/details/id/11>.

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