

REFLUX DISEASE

Campaign Against Reflux Disease

Background: Gastro Oesophageal Reflux Disease (GORD) is an extremely common condition and affects nearly 1 in 5 of the adult population with 5 new cases occurring per 1000 persons per year in the UK. Acid reflux occurs when stomach contents reflux back up in to the gullet or oesophagus. Normal reflux can occur after a meal, is short lived and symptomless. Reflux disease is associated with symptoms or injury to the oesophagus.

Common symptoms include heartburn, regurgitation, chest pain or difficulty swallowing. Less common symptoms are sore throat, laryngitis, chronic cough, night time asthma, worsening dental disease, chronic sinusitis and recurrent pneumonia.

Complications occur in a minority of patients and include oesophageal ulcers and narrowing and oesophageal adenocarcinoma. This cancer is the fastest rising cancer in the western world and in the UK kills about 7000 patients per year.

Treatment:

Life style modification

1. Stop smoking
2. Lose Weight
3. Give yourself at least a 3 hour gap between having a meal & lying down.
4. Prop up the head end of the bed by about 6 inches
5. Avoid excess coffee, chocolate, alcohol and peppermint.
6. Avoid acidic juices and carbonated beverages.
7. Chew gum to increase saliva which neutralises the acid.
8. Avoid bending down after a meal.

Drug Therapy

1. Antacids- alginates. Always take after food.
2. Proton pump inhibitors (like omeprazole). Always take half hour before food.
3. H2 receptor antagonists (like ranitidine). Beneficial only if taken as & when. Stops working if taken on a regular basis for more than a fortnight.

How will it benefit you?

Controlling reflux disease will help you by:

1. Improve your quality of life.
2. Reduce oesophageal problems like oesophagitis (inflammation of the gullet), oesophageal narrowing and cancer.
3. Reducing other problems like chronic cough, hoarseness, night time asthma, lung damage, sinusitis & dental erosions.

How you can help

By being an ambassador for CARD

EACH ONE –TEACH ONE!

SPREAD THE WORD ABOUT GORD



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Registered Charity number: 1136491