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GERD CAUSES

Acid reflux is typically caused by a weak lower esophageal sphincter (LES) that allows stomach acid and bile to leak into the esophagus. The LES is a muscle that acts as a valve between the stomach and the esophagus. When the LES functions correctly it opens to allow food and liquid to pass into the stomach, then closes to create a barrier between the esophagus and stomach acid.

GERD SYMPTOMS

People experience symptoms of acid reflux in a variety of ways. The most common symptom of acid reflux is heartburn. Other symptoms may include:

- Chest Pain
- Regurgitation
- Sore Throat
- Cough

GERD TREATMENT

Lifestyle Changes:

The first line of defense against acid reflux is, often, a change in lifestyle behaviors that aggravate the condition. Weight loss, adjustments to diet, regular sleep, and exercise have all been linked to improvements in the frequency and intensity of episodes. If lifestyle changes do not improve acid reflux, alternative treatment options such as medication or surgery should be considered, especially if damage to the esophagus is severe.

Prescription Medication:

Treating acid reflux with medication can be effective for those suffering from various levels of acid reflux; however, many medications require regular use to prevent a relapse in symptoms. Typical treatment methods include the use of antacids to neutralize stomach acid production, and proton pump inhibitors (PPIs) that block acid production.

Surgical Options:

There are minimally invasive surgical procedures available to treat GERD. These procedures are designed to correct the cause of GERD, the weak LES, and restore the body's barrier to reflux.

Patient Name: _____

Date: _____ **DOB:** _____

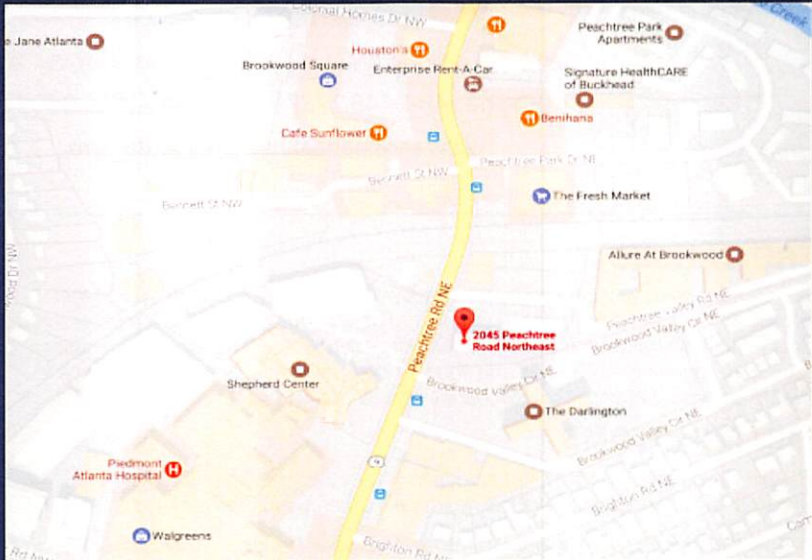
Primary Phone Number: _____

Email Address: _____

Referring Physician: _____

Phone Number: _____

Please fax referral form to our office and provide patient with a copy.



Esophageal Institute of Atlanta
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Dr. Smith

Clinically accomplished and respected, for the past 20 years Dr. Smith has been deeply committed to helping patients with acid reflux and other esophageal disease understand and achieve optimal management of their condition.



- Internationally recognized expert in diagnosis and treatment of esophageal diseases
- Expert with advanced diagnostic and surgical technologies and techniques, especially minimally invasive surgery
- Consultant and advisor to leading medical industries focused on GI disease and advanced surgical technologies
- Compassionate clinician committed to taking the time to help patients with esophageal conditions
- Widely published- over 200 articles and book chapters in medical literature
- Sought after speaker about acid reflux and esophageal disease-over 90 lectures in 10 countries around the world