



Heartburn

What is it?

2 out of every **5** people get heartburn at least once a month!

When you eat, your stomach produces acid to help you digest the food. Acid in the wrong place can lead to heartburn or a burning in the middle of the chest. You feel heartburn when stomach acid moves up into the "food pipe," also known as the esophagus. This happens when the valve, or "gate," between the esophagus and stomach functions incorrectly. Heartburn is the most common symptom of a disease called GERD, Gastro-Esophageal Reflux Disease. For many, symptoms are mild, for some GERD is a daily, severe problem with lifelong implications.

How do I know if I have GERD?

Take the Heartburn Quiz

Check the appropriate response

YES

NO

I get a burning feeling in the middle of my chest.
What is it?

I often have this feeling after a meal or at night.

This burning feeling gets worse when I lie down or bend over

Over-the-counter medicines, such as acid
reducers or antacids, help the burning go away.

I frequently regurgitate (burp up) my food.

There is a bitter or sour taste in the back of my throat.

If you checked **YES** to one or more of these statements,
there is a good chance you have **GERD**.

To find out more about all the latest diagnostic testing and treatments call:

You do not have to suffer!

Christy Nesbitt, RN is ready to answer
ANY and ALL of your questions about GERD.

947-6888

San Angelo Community Medical Center - 3501 Knickerbocker Road - www.TexasHeartburn.com