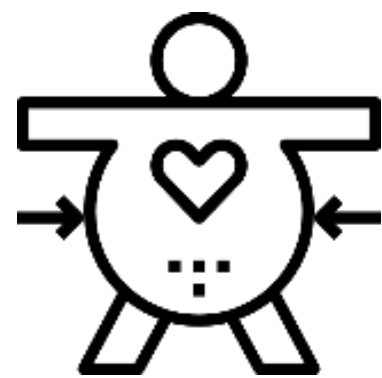


GASTRO-OESOPHAGEAL REFLUX DISEASE (GERD)

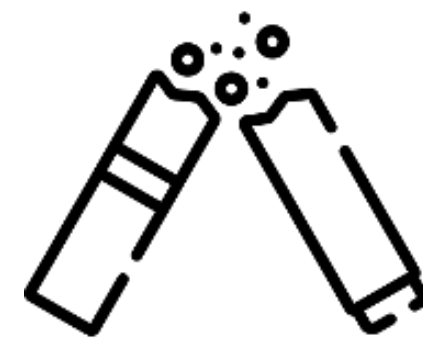
WHAT IS GERD?

- ⦿ GERD is a condition where stomach acid or contents flow upwards back to your oesophagus (food pipe).
- ⦿ It occurs when the muscles around the lower part of your oesophagus loosen occasionally, allowing stomach contents and acid to flow upwards. The acid reflux may irritate the lining of your oesophagus, causing it to become inflamed.

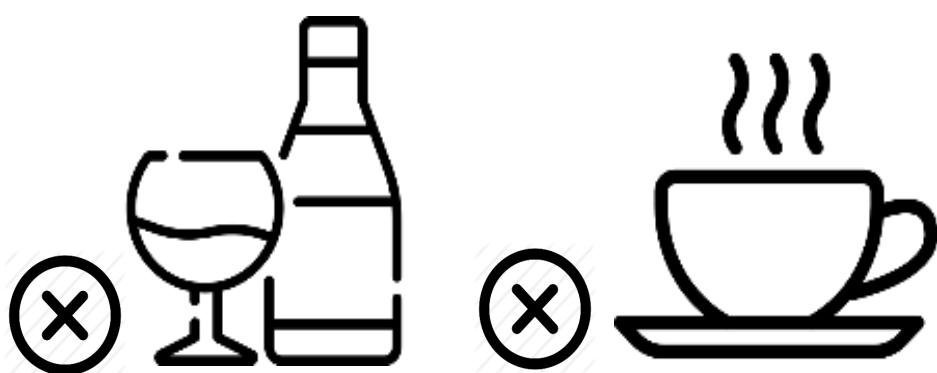
SUGGESTED LIFESTYLE MODIFICATIONS



1) Lose weight if you are overweight



2) Stop smoking



3) Avoid foods like coffee, chocolate, alcohol, peppermint, and fatty foods as they may worsen your symptoms



4) Avoid late meals – Lying down with a full stomach can make reflux worse. Have your meals at least two to three hours before bedtime



Scan the QR code to access more health information on our TTSH Health Library

DEPARTMENT OF GASTROENTEROLOGY & HEPATOLOGY
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