

Diagnosing and Getting Rid Of GERD

GERD or Gastro Esophageal Reflux Disease or more commonly known as heartburn and acid reflux is caused when the acid from the stomach, which is required for digestion, becomes too much and gets regurgitated up the oesophagus in the human body. It is caused most commonly due to hormonal imbalances and smoking and drinking. It can cause heartburn in the victims through a burning sensation in the heart and hence is called heartburn.

What causes GERD?

GERD has a number of different causes, but the primary causes of GERD are usually the results of bad habits, such as smoking or drinking. Obesity can also cause GERD. GERD can also be caused by pregnancy as women go through hormone changes during pregnancy.

There are a number of home remedies for [acid reflux relief](#) which serve as efficient [GERD medication](#).

How will you diagnose GERD?

GERD can get diagnosed with ease. The most common symptom of GERD is the heartburn. If you were to experience prolonged heartburns then you should try to get an endoscopy get done on yourself. The upper gastrointestinal endoscopy is generally the most preferred way for diagnosing GERD. This endoscopy gets done by the insertion of a tube inside the oesophagus which will contain a camera and would then get swallowed inside the oesophagus. When the tube progresses down the food pipe, the examination of the damages can be done. Because of the fact that most people experience a mild GERD, this procedure does not get done as it is quite painful and if there are no damages then the results will not show anything either.

How to avoid getting GERD?

Perhaps the most effective yet simple way to treat GERD is to just change the eating habits which you have. In case you suffer from acid reflux, you must try to avoid eating too much during the evening. Acid Reflux will not be too dangerous during day time when people are generally up and moving about. But it is during the night time when acid can do damage in the oesophagus. When you lie down, like when you sleep, the acid remains inside the oesophagus and that can cause damage to the inner lining tissues of the food pipe. But during the day, since we move about the acid does not stay inside the food pipe for a duration that is

long enough to cause any damage. Some foods that you must avoid at all costs if you suffer from acid reflux are:

1. Chocolates
2. Peppermint
3. Alcoholic drinks
4. Caffeinated drinks like coffee or even soda.

Studies have shown that such foods can cause irritation in the stomach and abet acid reflux.

Conclusion

GERD will affect people sometime or the other and will generally not be a cause of concern. But if you see it become a chronic problem, then you must visit a doctor to get some tests done. Hopefully, the information mentioned in this article will have helped you.