Don’t ignore acid reflux or GERD

For the Intelligence

Do you suffer from acid reflux or GERD? While many people believe it’s just an inconvenience, it can also be a root cause of many health problems. Acid reflux can cause heartburn, and GERD can lead to esophageal cancer. According to Esophageal Cancer Action Network, one out of five adults in the United States suffers from reflux disease. The execution of heartburn means that acid is spilling upward from the stomach, burning the lining of the esophagus. It can also be a sign of more serious issues such as Barrett’s esophagus, a pre-cancerous condition that can lead to esophageal cancer.

There are several ways to treat GERD. One is to take medications such as proton pump inhibitors and H2 blockers. Lifestyle changes are also important, such as avoiding触发ing foods, quitting smoking, losing weight, and elevating the head of your bed. Surgery is considered a last resort.

If you have symptoms of GERD or acid reflux, it is important to see a doctor for proper diagnosis and treatment.