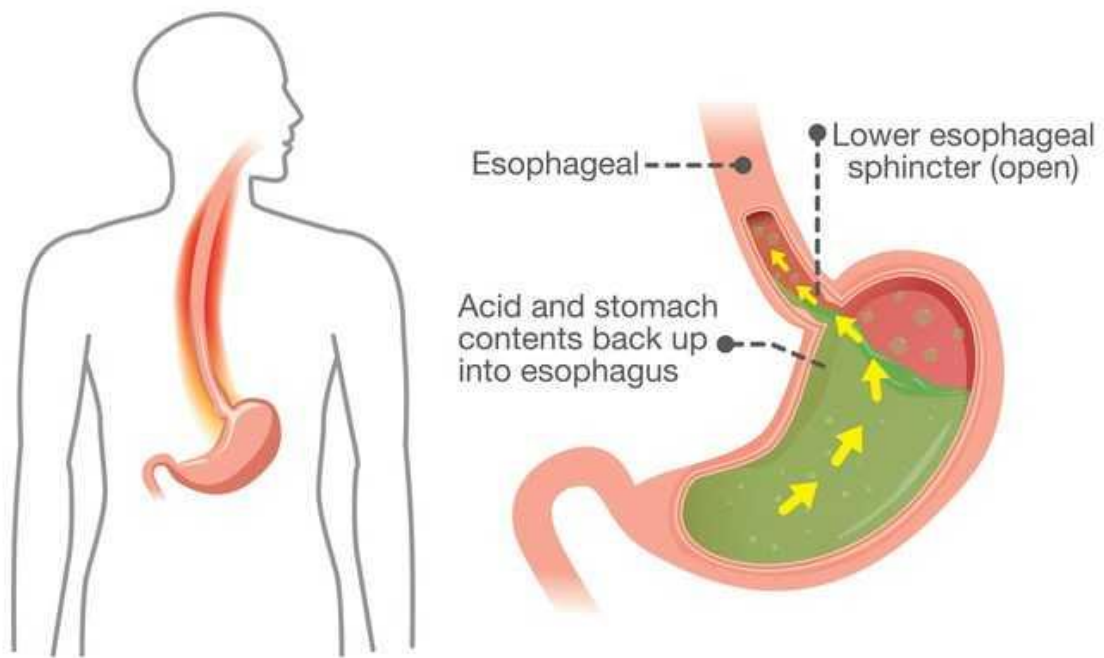


What is Acid Reflux Disease?

The medical term for acid reflux disease is GERD (Gastroesophageal reflux disease). That means a condition where there are a backflow of stomach (Gastric) contents into the food pipe (esophagus). When there is a repeated backflow of acid stomach contents into the food pipe, it irritates and damages the lining of the food pipe, causing pain (heartburn) and discomfort. The backflow may also hurt and damage the lining of the throat and the voice box. That causes sore throat, hoarseness, and aggravation of asthma. If someone has the following symptoms, he/she is likely to have acid reflux disease:

- *The discomfort and heartburn in the upper abdomen and middle of the chest.*
- *Backflow of the bitter and sour food or fluid in the mouth- It can happen any time but occurs more commonly when lying down.*
- *Hoarse and heavy voice even when there is no sore throat or cold symptoms*
- *Dry cough and aggravation of asthmatic symptoms.*
- *Ear Pain and sinus congestion—Ear tubes and nose that directly connect with throat get swollen and irritated by the backflow of the acidic fluid.*



Gastroesophageal Reflux