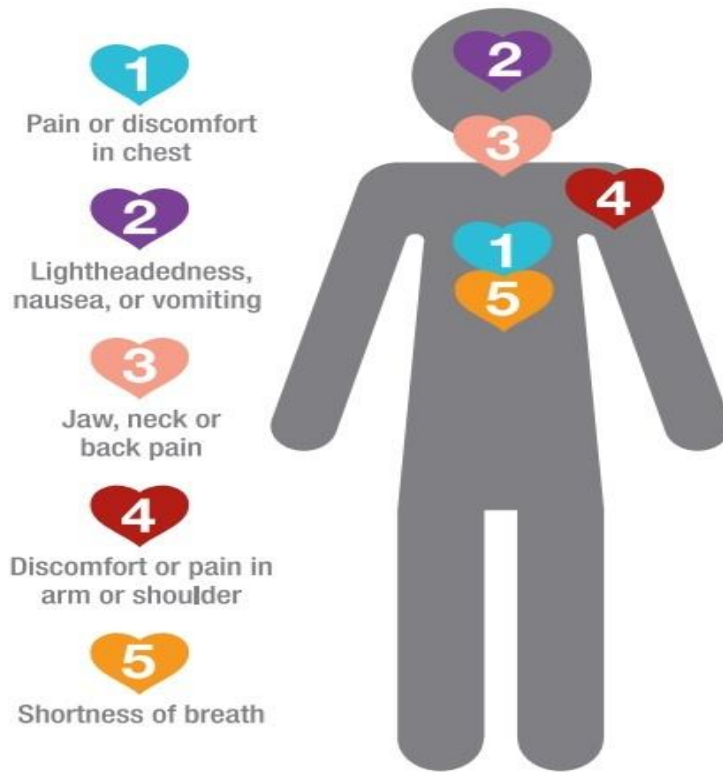


How To confirm the diagnosis of Acid Reflux disease

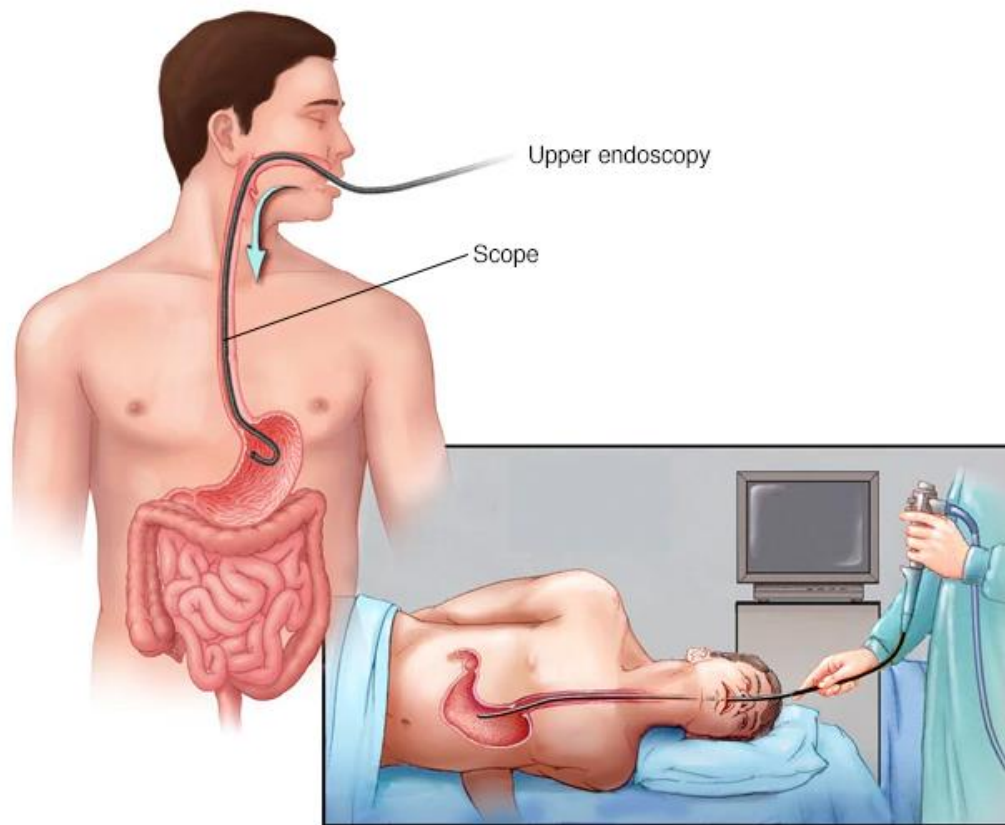
1. **Typical Symptoms** - The heartburn following a meal or hoarse voice most of the time with no other symptoms of cold, the dry cough, or waking up from sleep with a sour taste in the mouth. These symptoms get better with sitting, drinking water, or eating something soothing, such as a banana (the banana is the best soothing antacid for fast relief of acid reflux). Severe heartburn and chest discomfort from acid reflux can sometimes be confused with a heart attack. It is essential to differentiate symptoms of the heart attack from that of acid reflux because a heart attack is life-threatening. Heart attack produces more severe symptoms such as :
 - Crushing chest pain and discomfort, which does not get better with drinking water or eating soothing food.
 - A feeling of extreme weakness or impending doom (sinking feeling)
 - Cold sweat on the forehead, face, and body (depending on the severity of the problem).
 - Fast or irregular heartbeat (pounding feeling in the chest)
 - Nausea and vomiting.

(Note: Heart Attack symptoms require immediate Medical Attention)



**Heart Attack
symptoms require
immediate Medical
Attention**

2. The Endoscopic examination - A Gastroenterologist performs the procedure. A thin tube with a camera at the end is passed down the mouth along the food pipe to examine the lower end of the food pipe and the stomach. It allows the doctor to evaluate the damage if any caused by the acid reflux (see the picture below).



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- 3. Examination of the throat and voice box** - for any swelling and redness- An ear, nose, and throat surgeon is an expert at recognizing the acid damage to these structures.
- 4. Acid Testing in the food pipe**—this test is considered a gold standard for confirming the diagnosis of acid reflux disease. A thin tube with acid checking probe is passed through the nose to the lower end of the food pipe. The probe senses the acid, and the patient keeps a record of the time when he/she feels the discomfort of the acid reflux. If the timing of the heartburn and distress reported by the patient matches with acid reflux detected by the probe, the diagnosis of acid reflux gets confirmed.