



## Gastroesophageal Reflux Disease (GERD)

Health and Wellness

Tip of the Week  
Week 22  
June 1, 2020

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

### Define GERD

Do you have heartburn or acid reflux more than twice a week? Then you may have gastro-esophageal reflux disease (GERD). GERD is caused when the muscle at the end of your esophagus doesn't close all the way. Stomach acid then leaks back into the esophagus and inflames the lining. Having problems with swallowing or a dry cough are also signs. While GERD can cause pain, talk to your doctor about ways to handle it.

*Source: U.S. Department of Health and Human Services*

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