



Gastroesophageal Reflux Disease (GERD)

Health and Wellness

Tip of the Week
Week 26
June 29, 2020

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

Conditions That Can Increase Risk OF GERD

Conditions that can increase your risk of GERD include:

- Obesity
- Bulging of the top of the stomach up into the diaphragm (hiatal hernia)
- Pregnancy
- Connective tissue disorders, such as scleroderma
- Delayed stomach emptying

Factors that can aggravate acid reflux include:

- Smoking
- Eating large meals or eating late at night
- Eating certain foods (triggers) such as fatty or fried foods
- Drinking certain beverages, such as alcohol or coffee
- Taking certain medications, such as aspirin

Sources: American Cancer Society; American Diabetes Association, American Heart Association

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