

NOVEMBER, MONTH TO LEARN MORE ABOUT GASTROESOPHAGEAL REFLUX



Gastroesophageal reflux disease occurs when acid from the stomach returns to the esophagus. This situation is very common in the population and for this reason it is normalized, however, not attending to it and treating it properly, could cause complications to health.

Symptoms

- Burning sensation in the chest or heartburn, especially after eating
- Reflux of food or acidic fluid into the throat
- Chest or upper abdominal pain
- Difficulty swallowing (dysphagia)
- Sensation of a lump in the throat
- Continuous cough
- Inflammation of the vocal cords or laryngitis
- Complications related to asthma condition

There are factors that influence the development of this disease:

- Obesity
- Pregnancy
- Smoking
- Eating large amounts of food or eating late at night
- Eating spicy, acidic or high-fat foods
- Drinking alcohol or coffee

Practices that can help you:

- Improve your diet by avoiding foods that cause symptoms.
- Consume papaya regularly; this practice can help with your gastrointestinal health. Papaya contains digestive enzymes but this food does not replace any medical treatment to treat the condition.
- Carry adequate water intake for your daily activities and body weight
- Exercises regularly
- Take your medications on a regular basis, taking continuous treatment decreases the symptoms of health conditions and avoids possible complications.