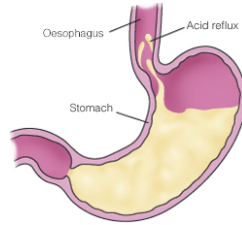


## Gastro-oesophageal Reflux

**Disease (GORD)** gives rise to a number of symptoms such as heartburn, regurgitation, swallowing difficulty, coughing, waterbrash, hoarseness and/ or chest pain. Belching, a sensation of fullness, non-specific nausea and queasiness are often associated symptoms.

### Complications

Inflamed throat  
Narrowing of the throat passage  
Ulcerations  
oesophageal adenocarcinoma (cancer)  
Increased risk factors of developing adenocarcinoma are associated with males, obesity and smoking.



## PREVENTABLE RISK FACTORS

- Smoking
- Alcohol, sweets, or white bread
- Excess weight
- Excessive fat consumption
- Bacterial overgrowth in the small intestine

## REDUCING THE RISKS

### STOP SMOKING

Smoking damages and irritates the throat lining. Excessive irritation causes physical changes in the throat cells giving rise to an increased risk of scarring and pathological changes. Smoking also contributes to insulin resistance (type 2 diabetes), hypertension, an increased heart rate as well as lowering the 'good' (HDL) cholesterol.

*Call the Quitline on 131 848 or seek helpful advice from your practitioner.*

### REDUCE ALCOHOL CONSUMPTION

For healthy men and women, drinking **no more than two standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime



The health risks that accumulate over a lifetime from alcohol increase progressively - this means that the more you drink, the greater the risk.

In addition to contributing to GORD, drinking alcohol can affect your liver or cause brain damage, heart disease, high blood pressure and increases your risk of many cancers.

## DIETARY AND LIFESTYLE MODIFICATIONS TO SUPPORT HEART HEALTH

### *Avoid eating large meals*

Smaller meals can empty from your stomach quickly and have less chance of moving up the oesophagus.

### *Don't recline for at 3 hours after eating*

Give your stomach time to digest your meal completely before lying down or bending over. Raising the bed head may be beneficial.

### *Avoid aggravating foods*

Some foods have been shown to aggravate the sphincter function. Avoid chocolate, caffeinated products, spicy foods, alcohol, fatty foods, citrus, tomato based food and juices



### *Increase Vitamin A, C and E rich foods*

Low intake has been associated with greater risk of GORD. An increased intake of foods rich in A, C and E help heal the throat lining and are antioxidant to the mucous lining.

Reducing animal fat consumption aids the reduction of blood triglycerides and cholesterol

### *Consider probiotics*

Probiotic intake may assist with small intestinal bacterial overgrowth which has been associated with increased incidence of GORD.