

# GASTROESOPHAGEAL REFLUX DISEASE (GORD)



## What is GORD?

- **GORD occurs due to weakening of the lower oesophageal sphincter.** This is a band of muscle at the top of the stomach that normally stops acid moving into the oesophagus and mouth.
- **GORD can vary in symptom severity.** Symptoms include burning or pain from the throat to the chest, bloating, acidic mouth taste, burping and night time cough.
- Over time, serious complications such as oesophageal ulcers, strictures or cancer can develop if left untreated.
- GORD is also known as heartburn, indigestion or reflux.

## Factors that can contribute to the development of GORD include:

- ✓ Hiatus hernia
- ✓ Medications
- ✓ Smoking
- ✓ Anxiety
- ✓ Pregnancy

## DOES DIET IMPACT GORD?

*Some people find food has no impact on GORD symptoms. Others have certain triggering foods. Common triggers include:*

- Fatty foods, such as takeaways, deep fried foods or creamy sauces
- Alcohol
- Coffee
- Chocolate
- Acidic foods, such as tomatoes, oranges and lemons
- Spicy foods, such as curry
- Fizzy drinks
- Peppermint



## Strategies to reduce GORD symptoms:

- 1 **2** Consume smaller portions of meals.  
Finish eating 2-3 hours before bed.
- 3 **4** Lose weight, if overweight.  
Sleep with your head elevated.

*If diet and lifestyle strategies are not effective in reducing symptoms, your doctor may recommend medication.*

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