

The Acid Reflux Symptoms Treatment Information Portal

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Thursday, 17 November 2005
Last Updated Saturday, 24 December 2005

Acid Reflux Symptoms, and the treatment of it. You're here because of one or two reasons: You either think you have acid reflux disease, or you do have it and you would like to know how to treat your acid reflux, with either over the counter medications or off the shelf acid reflux medications. This Acid Reflux portal is designed to give you the information you need to combat your disease, or to assure you that what you have may be simple heart burn.

Warning: the information on here does NOT constitute medical advice given from a doctor. Please consult your physician for any of your medical needs.

So what do you have? Heartburn, or Acid Reflux Disease? Some common statistics and symptoms of Heartburn are:

- About 25 million adults suffer daily from heartburn.
- Twenty-five percent of pregnant women experience daily heartburn, and more than 50 percent have occasional distress.
- Heartburn, quite simply, is acid indigestion. Having it several times a week is not uncommon.
- The pain of heartburn can last as long as 2 hours. It's often worse after eating. Some think that this helps the pain, but lying down or bending over can also cause heartburn.

Acid Reflux Disease is a little harder to figure out. Here are some common statistics and symptoms:

- 1 in 14 Americans suffer daily from Acid Reflux
- It's medical name is Gastroesophageal Reflux Disease
- Acid reflux is a condition in which the liquid content of the stomach regurgitates (backs up, or refluxes) into the esophagus. The liquid can inflame and damage the lining of the esophagus.
- GERD is a chronic condition. Once it begins, it usually is life-long

Please look around this site for best treatment options, the best medicines to take, and where to go to find more information. Acid Reflux should not be taken lightly.