

The Signs and Symptoms Of Acid Reflux Disease

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by Ian Smith

Acid Reflux Disease , sometimes known as Gastroesophageal Reflux Disease, normally shortened to GERD happens when the one way valve at the bottom of the oesophagus that retains food in the stomach, and prevents it from returning to the oesophagus stops working properly.

As the oesophagus is the tube that carries food from the mouth to the stomach, then this one way valve needs to function properly, or the contents of the stomach, can and will move back up into the oesophagus and even back as far as the mouth.

The contents of the stomach are being digested by acid, and the main symptom of Acid Reflux Disease is a burning chest pain which starts behind the breastbone, and can then move up into the neck and throat. It can actually feel as if the food is coming back into the mouth, and there is a bitter acid rancid taste.

This is why you often read or hear about 'heartburn cures', because the sensation is like heartburn, when it is in fact Acid Reflux Disease.

Equally obviously many people believe they are victims of a heart attack when it is Acid Reflux Disease, and sadly for some, they believe they have Acid reflux, when in fact they are suffering a heart attack, **SO IF YOU ARE IN ANY DOUBT VISIT YOUR DOCTOR OR HOSPITAL IMMEDIATELY.**

To set your mind at rest here are some of the most common symptoms of Acid Reflux Disease.

1. The burning feeling in the chest usually appears after eating, and can last up to several hours.
2. Lying down, or bending over makes it worse.
3. There is a burning sensation in your throat, a sour acidic taste in your mouth.
4. You become hoarse, and can even lose your voice.
5. You may develop symptoms of asthma, and begin and continue to cough.
6. You may find swallowing difficult
7. Normally an antacid tablet will relieve the symptoms.

Just remember **IF YOU ARE IN ANY DOUBT VISIT YOUR DOCTOR OR HOSPITAL IMMEDIATELY.** It could save your life.

This is the first in a series of articles on Acid Reflux Disease, and in future articles we will discuss the Causes, and

possible Cures for Acid Reflux.

About the Author

Ian Smith is a dentist and his wife suffered from Acid Reflux Disease for many years. He contributes to www.acid-reflux-disease-facts.info