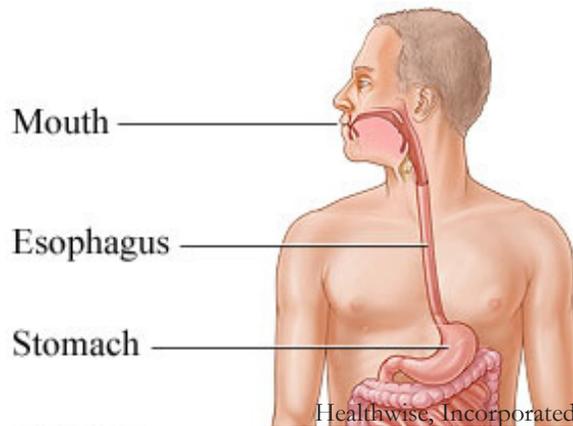


Asthma and GERD

What is GERD?

GERD stands for gastroesophageal reflux disease, also known as acid reflux.

Acid reflux occurs when stomach acid goes back up into the esophagus (the tube that connects the mouth to the stomach)



How are GERD and Asthma connected?

Acid in the esophagus can irritate the airways, making them more sensitive to asthma triggers. This cycle of acid reflux and airway irritation can lead to more asthma attacks and may make asthma worse. Although some research shows a link between asthma and GERD, doctors are not sure of the exact connection.

Symptoms of GERD with asthma:

- Frequent coughing or hoarseness
- Asthma medications don't work
- Increased asthma symptoms after eating, exercising, or lying down
- Heartburn
- Burping
- Difficulty or pain when swallowing
- Bad breath or sour taste
- Red, sensitive gums
- Bloating

Talk to your doctor if you think you have GERD.