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GERD

REVIEWED

By Chris Tighe at 10:47 am, Aug 14, 2017

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Definition

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Preparing for your appointment

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Treatments and drugs

Lifestyle and home remedies

Alternative medicine

Products and services

Definition

By Mayo Clinic Staff

Gastroesophageal reflux disease (GERD) is a chronic digestive disease. GERD occurs when stomach acid or, occasionally, stomach content, flows back into your food pipe (esophagus). The backwash (reflux) irritates the lining of your esophagus and causes GERD.

Both acid reflux and heartburn are common digestive conditions that many people experience from time to time. When these signs and symptoms occur at least twice each week or interfere with your daily life, or when your doctor can see damage to your esophagus, you may be diagnosed with GERD.

Most people can manage the discomfort of GERD with lifestyle changes and over-the-counter medications. But some people with GERD may need stronger medications, or even surgery, to reduce symptoms.

Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best care.

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How heartburn and GERD occur

Mayo Clinic in Minnesota has been recognized as the best Gastroenterology & GI Surgery hospital in the nation for 2017-2018 by U.S. News & World Report.

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