Beyond Heartburn: Gastroesophageal Acid Reflux Disease

Contributors

- Adam Bard, MD, PhD, Director of the Acid Reflux Research Clinic, Washington University, St. Louis, MO
- Cynthia Duggins, MD/MPH, Director of Student Wellness Clinic, University of California: UCLA, Los Angeles, CA
- Edward Fogarty, PA, Co-Director of Student Wellness Clinic, University of California: UCLA, Los Angeles, CA

Rationale

Gastroesophageal acid reflux disease (GERD) is a large problem in western countries, with a prevalence anywhere from 10 to 20%. The disorder is currently defined as a condition that produces troublesome symptoms and/or complications due to reflux of stomach contents. People who have the disease experience symptoms including throat pain, globus sensation, hoarseness, and excessive throat clearing. As a result, acid reflux significantly decreases the quality of life, and symptomatic gastroesophageal acid reflux is actually the strongest known risk factor for adenocarcinoma. GERD in otherwise normal children persists and up to 80% continue having monthly symptoms as young adults; of those, another 30% require medication.

Possible Learning Objectives of Health Poster
Young adults may require additional support as they learn to recognize symptoms and manage GERD on their own. After our survey, we will know if young adults need to learn to recognize symptoms or symptom frequency, manage GERD, or need social support for their condition.

Sources