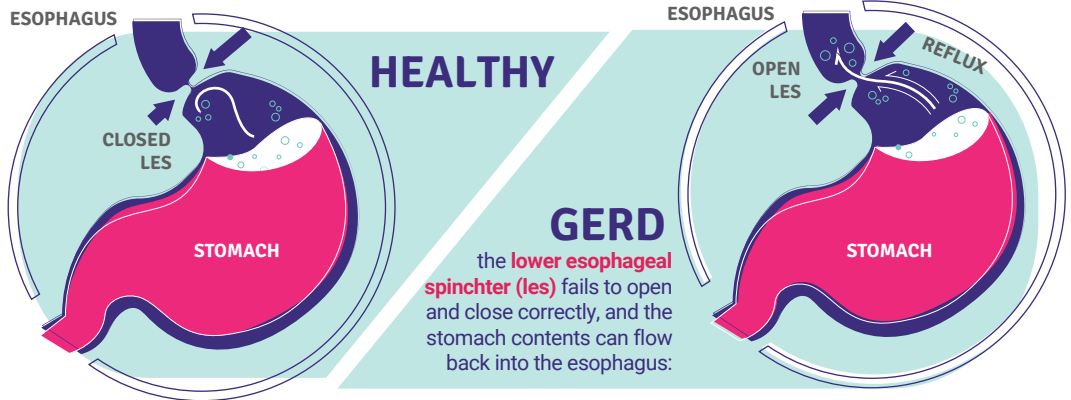


# GASTROESOPHAGEAL REFLUX DISEASE (GERD)

## & Its Complications

### SYMPTOMS OF GERD INCLUDE:

- Chronic Cough
- Sore Throat
- Asthma / Wheezing
- Laryngitis
- Heartburn
- Regurgitation



IT IS ESTIMATED THAT  
**15%** OF ADULT  
**CANADIANS**  
WITH GERD MAY DEVELOP  
BARRETT'S ESOPHAGUS



## ! ALARM SYMPTOMS !

IF YOU NOTICE A CHANGE IN YOUR CURRENT SYMPTOMS OR EXPERIENCE ANY OF THE FOLLOWING:

- Frequent heartburn
- Difficulty swallowing
- Unintentional weight loss
- Vomiting (blood or bile in it)
- Blood in the stool (tarry black or red)
- Frequent nausea
- Anemia

## TALK TO YOUR DOCTOR

### RISK FACTORS OF BARRETT'S ESOPHAGUS:

Patients who are: 50+ Caucasian Males.  
Other factors:



FAMILY HISTORY



>5 YRS OF GERD

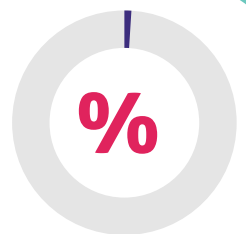


SMOKING



OBESITY

A small percentage of those living with **Barrett's esophagus** are at an increased risk of developing **esophageal cancer**.



Most of the time, symptoms alone can provide doctors with the information they need to diagnose GERD. If symptoms are slow to improve or persistent, treatment is required, and diagnostic tests may be needed.

**If you or a loved one have chronic heartburn, don't sleep on it! Talk to your doctor.**

