

*Perspective***Clinical signs of gastroesophageal reflux disease****Jason Kim\***

Department of Surgery, Aristotle University of Thessaloniki, Thessaloniki, Greece.

Received: 30-May-2022, Manuscript No. AJMSOA-22- 65245; Editor assigned: 2-Jun-2022, PreQC No. AJMSOA-22- 65245 (PQ);  
Reviewed: 17-Jun-2022, QC No. AJMSOA-22- 65245; Revised: 24-Jun-2022, Manuscript No. AJMSOA-22- 65245 (R); Published: 1-Jul-2022.**DESCRIPTION**

Gastroesophageal reflux disease (GERD) is a digestive ailment in which acidic stomach acids, as well as food and fluids, return up into the oesophagus. GERD affects people of all ages, from newborns to the elderly. Asthmatics have an increased chance of acquiring GERD. Asthma flare-ups can relax the lower esophageal sphincter, enabling stomach contents to flow back into the oesophagus is known as reflux. Some asthma drugs are particularly theophylline that has been shown to aggravate reflux symptoms. Acid reflux, on the other hand, can aggravate asthma symptoms by irritating the airways and lungs. As a result, asthma might become more severe over time. This inflammation can also cause allergic responses and make the airways more susceptible to environmental factors like smoke and cold air. When the contents of your stomach return up into your oesophagus, this is known as gastroesophageal reflux disease (GERD). This is a more serious and long-term illness in which GERD creates recurring symptoms or consequences over time. Acid reflux affects a large number of people at some point in their lives. GERD is defined as mild acid reflux occurring at least twice a week or moderate to severe acid reflux occurring at least once a week.

The majority of people may control their GERD symptoms with a combination of lifestyle adjustments and over-the-counter drugs. Some patients with GERD, however, may require harsher drugs or surgery to alleviate their symptoms. Heartburn and regurgitation are frequent symptoms of gastroesophageal reflux disease (GERD). When your lower esophageal sphincter weakens or relaxes when it shouldn't, GERD might occur.

Heartburn is the most prevalent GERD symptom (acid indigestion). It generally feels like a scorching sensation in your chest that starts beneath your breastbone and travels up your neck and throat. Many patients report that food is returning to their lips, leaving an acidic or bitter taste. Heartburn can cause burning, pressure, or pain that can last up to 2 hours. It's usually worst after a meal. Heartburn can also be caused by lying down or leaning over. Many patients find that standing upright or taking an antacid that clears acid from the oesophagus helps them feel better. Gastroesophageal reflux disease (GERD) is a frequent ailment among the elderly, and it is expected to grow more common as the population grows. Heartburn and acid regurgitation are not always apparent in elderly people, which can lead to a delay in diagnosis and the development of problems.

**Common signs and symptoms of GERD**

- A burning sensation in your chest (heartburn), usually after eating, which might be worse at night
- Chest pain
- Difficulty swallowing
- Regurgitation of food or sour liquid
- Sensation of a lump in your throat

Prevention of GERD symptoms are such as achieve and maintain a healthy weight, eat small, frequent meals rather than huge amounts a few times a day. Reduce fat by decreasing the amount of butter, oils, salad dressings, gravy, fatty meats and full-fat dairy products such as sour cream, cheese and whole milk. Avoid eating before bedtime. Wait at least three hours after eating to go to bed. It helps to reduce the GERD.

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\*Corresponding author. Jason Kim, E-mail: [jason@gmail.com](mailto:jason@gmail.com).