HEARTBURN:
A Global Perspective

Heartburn is the key symptom of gastroesophageal reflux disease (GERD). But it could also be the main symptom of conditions ranging from functional heartburn to eosinophilic esophagitis and motility disorders such as achalasia, as well as extra-esophageal conditions, including ischemic heart disease as not all patients with GERD have heartburn and not all individuals with heartburn have GERD. And although the term 'heartburn' is widely recognized, it may be understood differently by different patients and healthcare providers in different linguistic, social and cultural setting.

GERD IS INCREASING WORLDWIDE

PREVALENCE RANGES FROM...

2.5% to 6.6%
IN EASTERN ASIA

13.8% to 25.8%
IN NORTH AMERICA

This **increase** appears to **CORRELATE WITH THE RISE OF OBESITY** in many countries.

HEARTBURN IS THE KEY PRESENTING SYMPTOM OF GERD

OVER 60 MILLION AMERICANS experience **heartburn** at least **once a month**

OVER 15 MILLION AMERICANS experience **heartburn** symptoms **each day**

HELPFUL TIPS:
- Lose weight if obese
- Raise the head of your bed 6–8"
- Wear loose fitting clothes
- Avoid eating 2–3 hours before bed
- Eliminate food triggers
- Stop smoking
- Ask your doctor which treatment option is right for you

IF LEFT UNTREATED COMPLICATIONS MAY INCLUDE:
- Severe chest pain
- Esophageal stricture
- Bleeding
- Barrett's esophagus

CHRONIC, UNTREATED HEARTBURN
of many years duration causes a **substantially GREATER RISK OF ESOPHAGEAL CANCER DEVELOPMENT**

GERD SYMPTOMS

- **Uncomfortable feeling** behind the breast bone that seems to move upward from the stomach
- **Burning sensation** in the back of your throat
- **Bitter acid taste** in your mouth
- **Symptoms** often experienced after meals
- **Heartburn or acid indigestion** two or more times per week
- **Temporary symptom relief** from antacids
- **Symptoms persist** while taking prescription heartburn medication

If you experience **two or more** of the above **symptoms**, **please consult your doctor.**
VISIT GI.ORG TO LEARN MORE.

Sources: The American College of Gastroenterology; The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); World Gastroenterology Organisation;