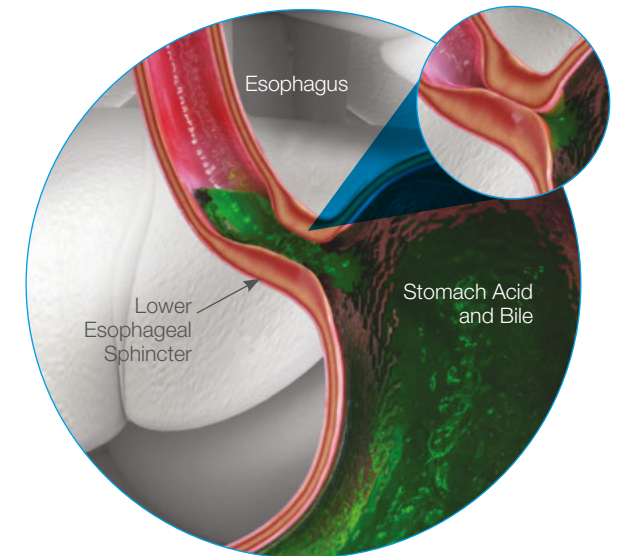


# Reflux Disease



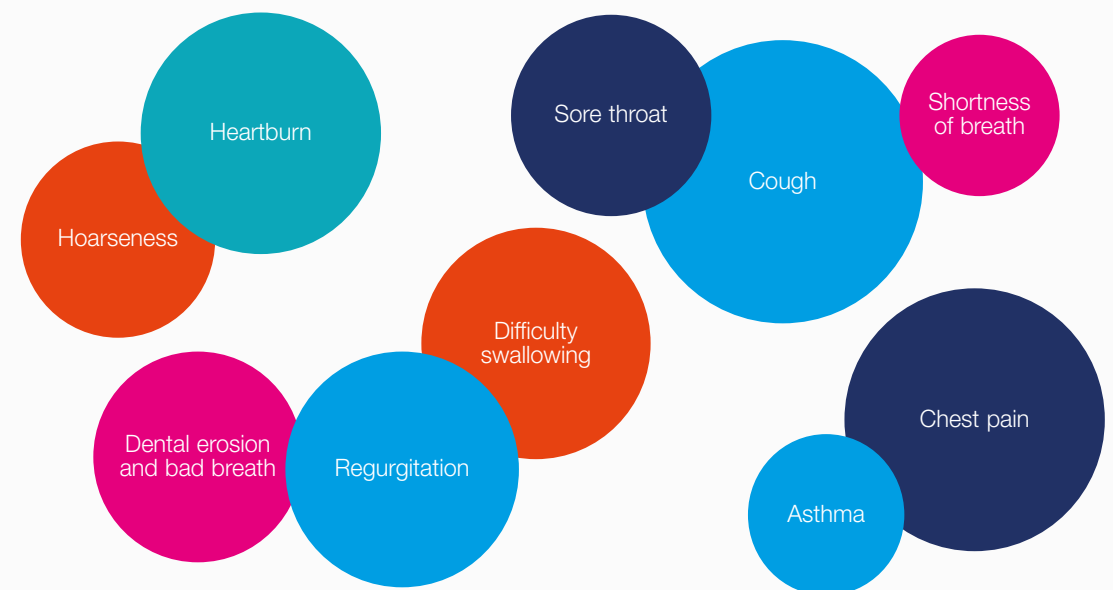
## Reflux is a disease. Not a bad meal choice.

Reflux (also called Gastroesophageal Reflux Disease, or GERD) is caused by a weak muscle in your esophagus called the Lower Esophageal Sphincter (LES). The LES is your body's reflux barrier. Normally your reflux barrier acts like a one-way valve, allowing food and liquid to pass into the stomach, but preventing stomach contents from flowing back into the esophagus. In people with reflux, the reflux barrier allows harmful acid and bile to flow back into the esophagus.



## Symptoms are personal.<sup>1,2</sup>

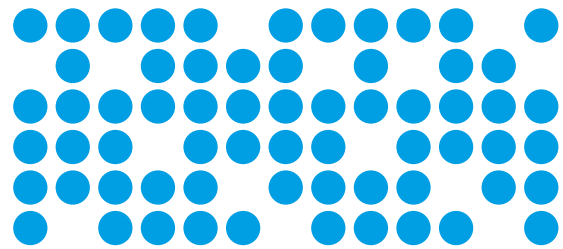
And over time can be painful and lead to serious complications.



**Important reminder:** This information is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult a doctor about your specific condition, contraindications and possible complications.

1. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-ger-gerd-adults/symptoms-causes>. Accessed November 19, 2018.
2. Mayo Clinic GERD. <https://www.mayoclinic.org/diseases-conditions/gerd/symptoms-causes/syc-20361940>. Accessed November 19, 2018.





## Stomach acid is toxic when it leaves your stomach.

Stomach acid plays an important role to break down food into molecules your body can absorb. When acid leaves your stomach, it can damage your esophagus, lungs and throat, causing painful symptoms, and may lead to serious complications, including esophageal cancer.

### Esophagus

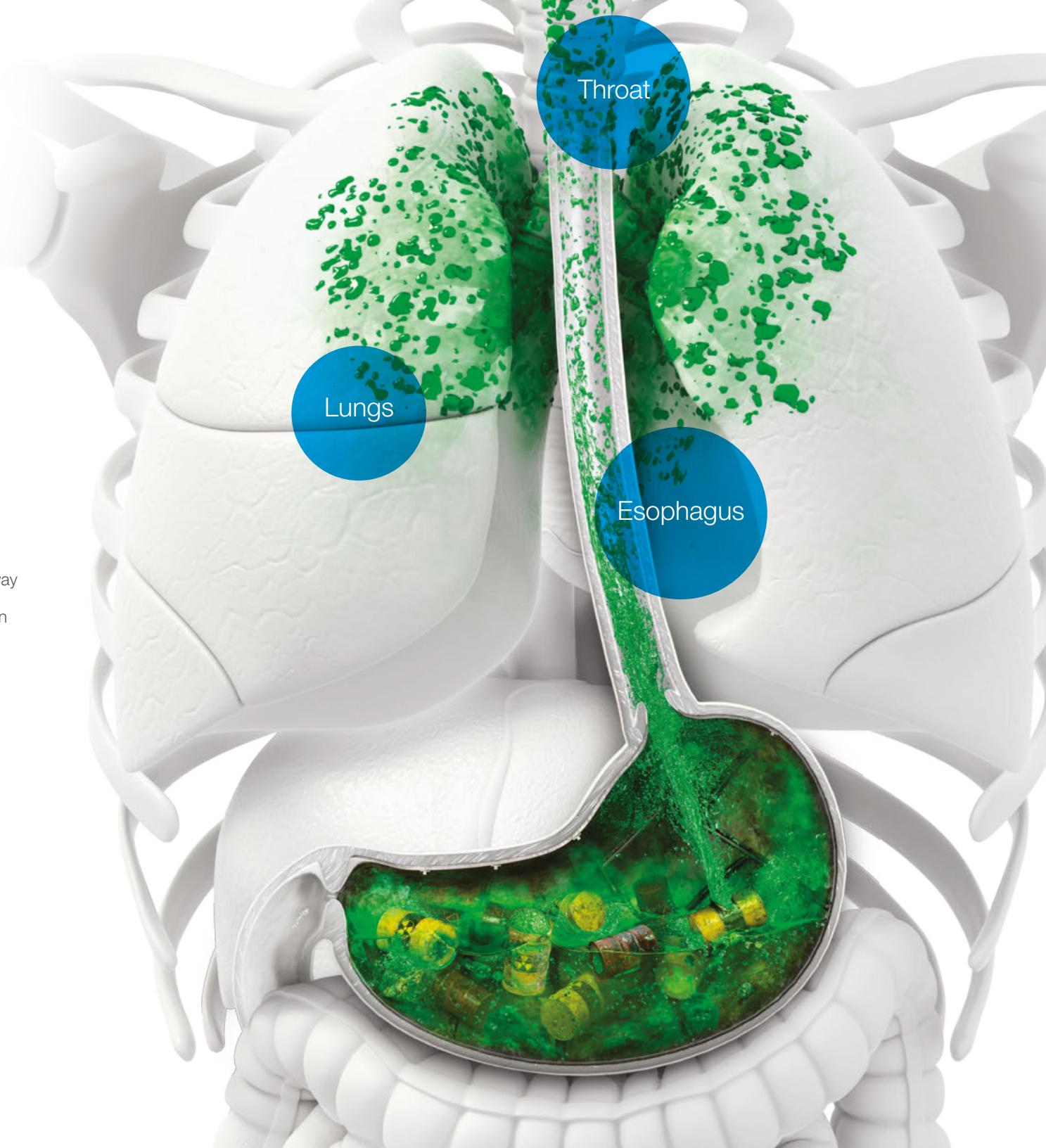
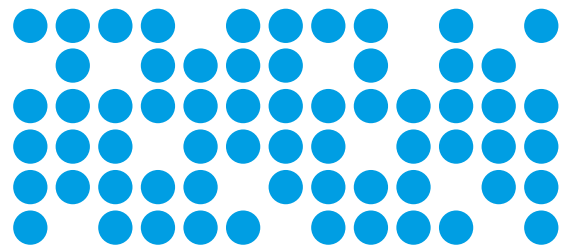
When stomach acid and bile rises upward, it wears away the lining of the esophagus over time causing irritation, inflammation and painful symptoms. Over time, this can lead to serious injury and in some cases, cancer.

### Throat

Reflux can damage your throat and vocal cords, causing hoarseness, dry cough, change in voice, difficulty swallowing and chronic soreness.

### Lungs

Reflux can also affect your lungs. It can cause coughing, wheezing, bronchitis, pneumonia, asthma and other breathing issues.



## Medication doesn't solve reflux.

Reflux is caused by a weak muscle in your esophagus called the Lower Esophageal Sphincter (LES). The LES is your body's reflux barrier. Reflux medications are designed to reduce acid production in the stomach. These medications do not address the cause of reflux, or prevent reflux.



## It can go from bad to worse to "oh no."

Reflux can lead to potentially serious complications, including esophagitis, strictures, Barrett's esophagus (pre-cancer) and esophageal cancer.

## Listen to what your body is telling you.

If you've been diagnosed with reflux disease and continue to suffer symptoms that impact your quality of life, talk to your doctor about your treatment options.