

Reflux Resilience

Healthy Aging Series

Lifestyle and Medication Management of GERD

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Agenda



What is GERD?



Signs and symptoms



Nutrition and lifestyle



Medication
management

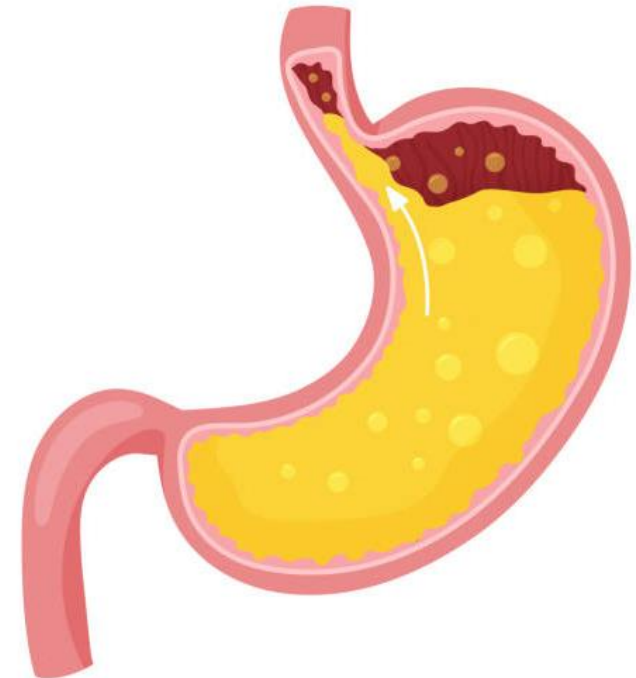
What is GERD?

Gastroesophageal reflux disease

Commonly known as **acid reflux**

Chronic condition that occurs when acid from the stomach backs up into the esophagus, causing pain, discomfort, and in more severe cases, erosion of the esophagus

Acid reflux is one of the most common digestive disorders with approximately **20% of adults experiencing symptoms**



GASTROESOPHAGEAL REFLUX DISEASE

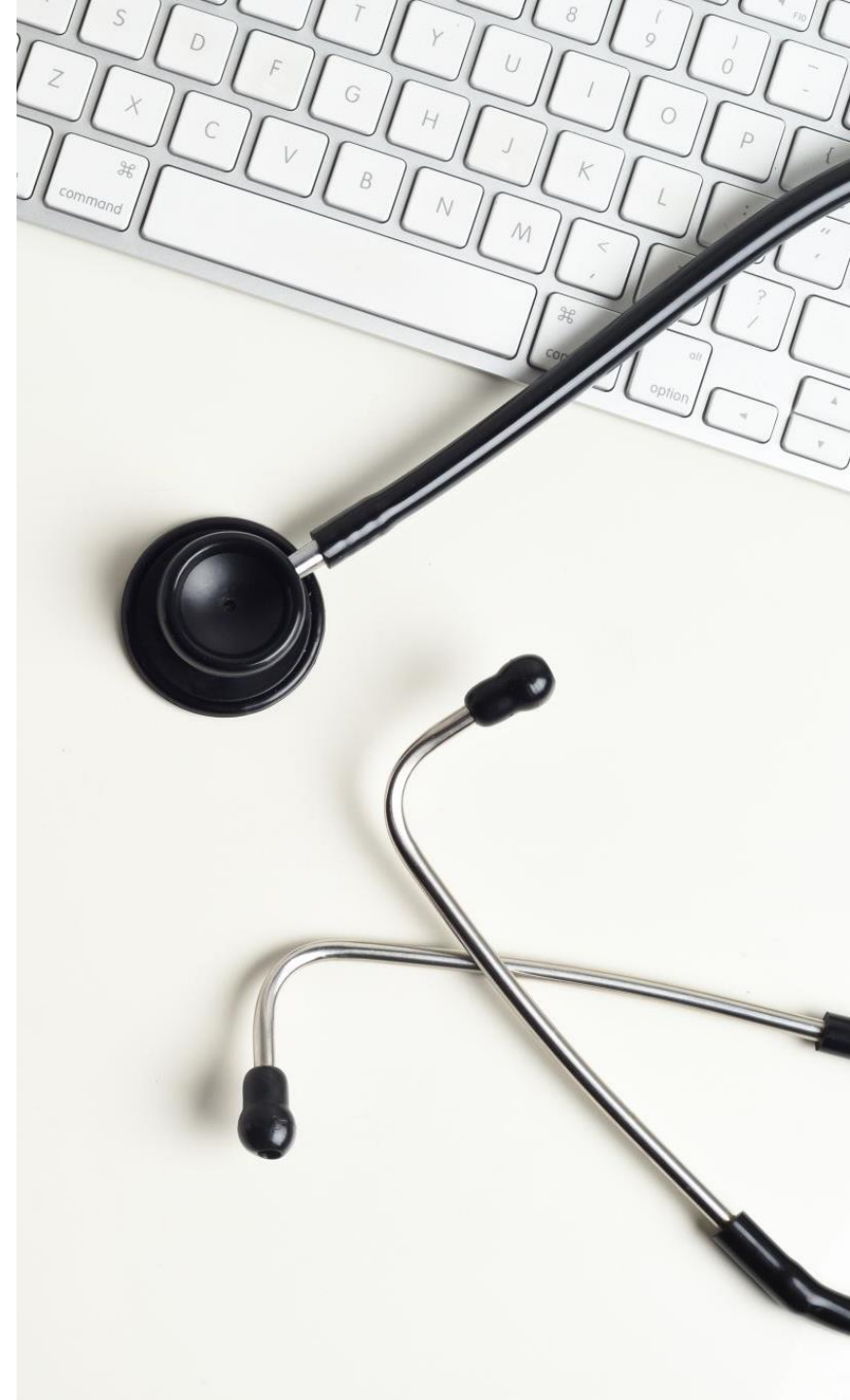
Signs & Symptoms

When we think of acid reflux, we usually think of **heartburn**. Less common symptoms may include:

- Regurgitation of food or a sour-tasting liquid
- Discomfort swallowing
- Feeling of a lump in your throat
- Phlegm in throat and/or hoarseness
- New or worsening asthma

Symptoms are often worse after eating, at night, or when lying down

Speak to your doctor if you experience new or worsening symptoms



Causes of GERD

Possible causes:

Hiatus hernia

Stomach ulcer

Pregnancy

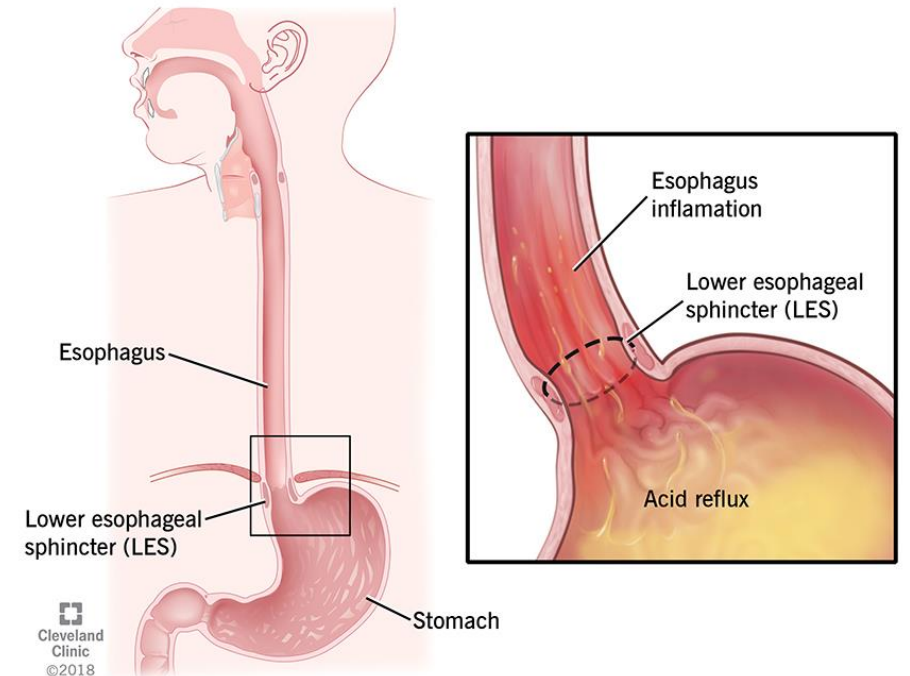
Smoking

Certain medications

Being overweight

Food and drinks do not usually cause GERD, but certain ones can make symptoms worse

Speak to your doctor to determine the possible cause of your acid reflux



Eating Tips to lessen symptoms of GERD

Meal size and timing

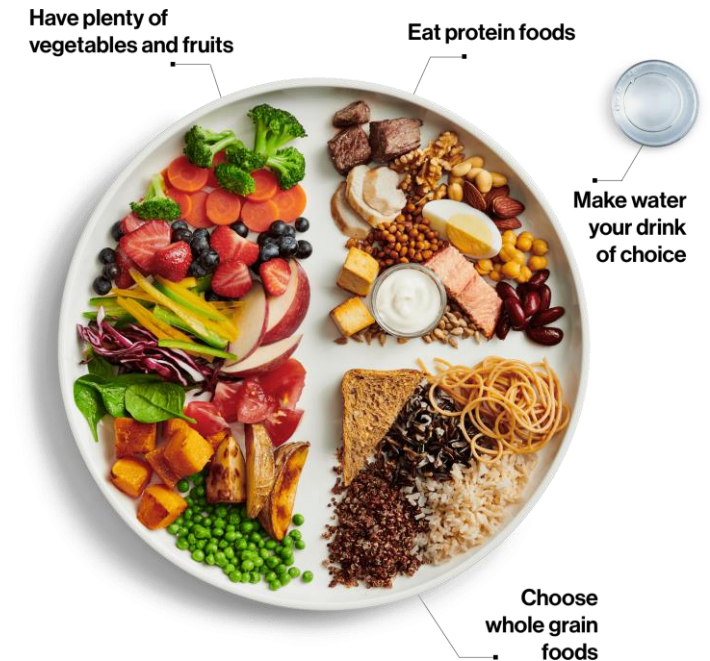
- Eat small meals more often vs fewer, larger meals
- Avoid eating a few hours before sleep

Lower fat foods & cooking methods

- Lean meats, poultry with skin removed, fish
- Lower fat dairy
 - 0-2% MF for milk and yogurts; 20% MF or less for cheese
- Bake, grill, steam, roast, stir fry
- Limit amount of oils & fat added to foods

Eat more high fibre foods

- fruits (except citrus), vegetables, lentils & beans
- whole grain breads, crackers, cereal, pasta
- small amounts of nuts, seeds or nut butters as tolerated



- ✓ A balanced diet **high in fibre** and **low in processed foods**

Mediterranean Diet

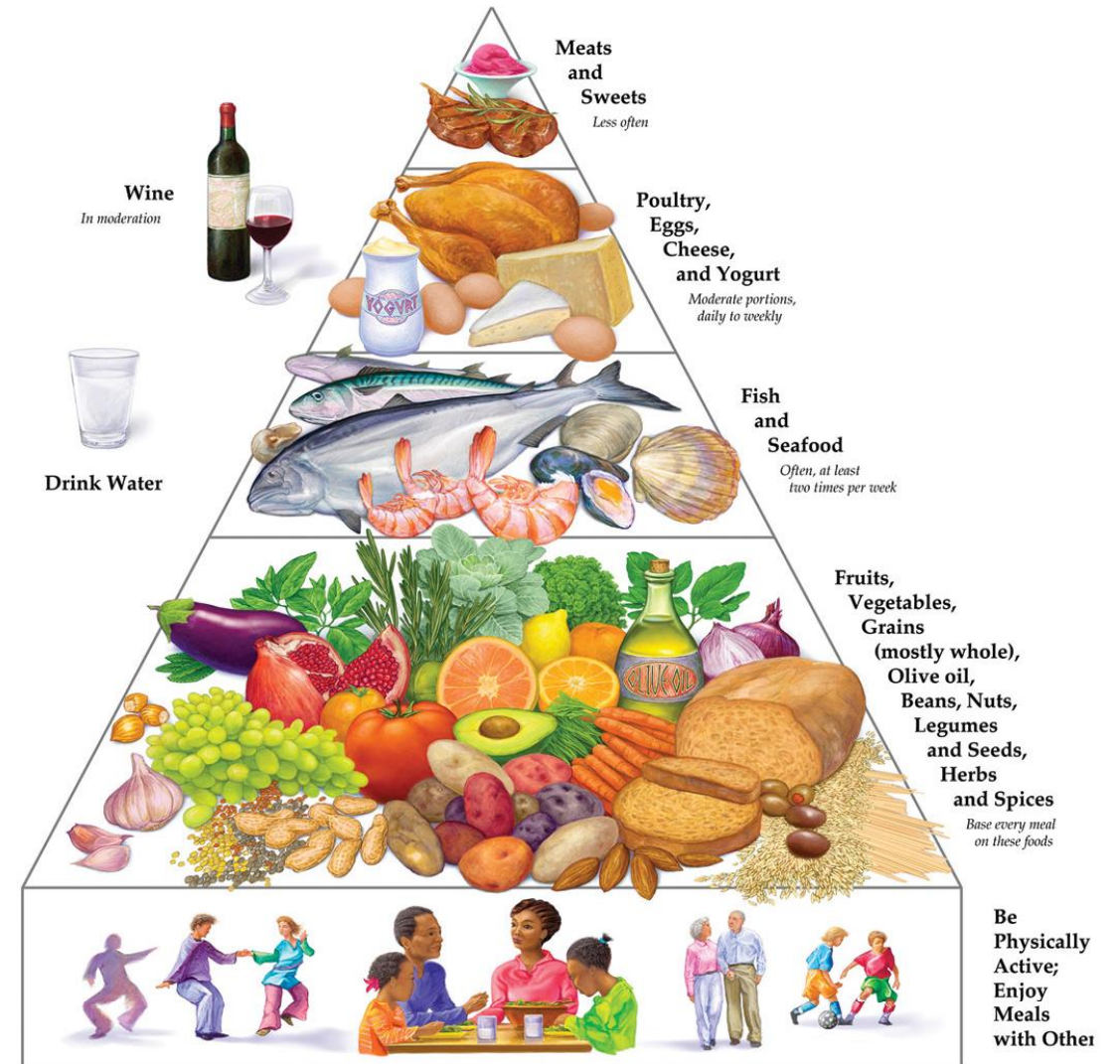


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Trigger Foods & GERD

Tip

If you want to have a food that might cause heartburn eat it at the end of a meal.

Example

- eat a small orange right after lunch instead of on an empty stomach

Acidic Foods

citrus fruits and juices (oranges, grapefruit, lemon, lime)

tomatoes and tomato-based sauces

Spicy, fried or high fat foods

strong spices: hot peppers, hot sauce, cayenne pepper etc.

"greasy" foods, creamy sauces, chips, fast food (i.e. french fries, fried chicken) etc.

Garlic & onions

may cause issues for some people

Caffeine

dark chocolate, coffee, tea, caffeinated drinks (i.e. colas, some other sodas, energy drinks)

Peppermint

Alcohol

Carbonated or fizzy drinks

Swaps for GERD

Coffee



Caffeine-free tea, herbal tea
(except peppermint)

Hot spices/hot sauce



Mild herbs and spices (ex. basil,
ginger, turmeric, oregano, parsley,
thyme)

Deep frying



Baking, roasting, BBQ, air frying,
steaming

Citrus fruits



Other fruits (ex. berries, apples,
pears)

Sample Meals for GERD Management



Breakfast:

1. Scrambled eggs with spinach and mushrooms + whole grain bread with avocado.
2. Greek yogurt topped with sliced almonds, chia seeds, granola, and berries.
3. Protein smoothie made with Greek yogurt, almond milk, spinach, and a scoop of protein powder.
4. Cottage cheese with sliced peaches, honey, and granola.
5. Egg muffins with spinach and bell peppers + apple with peanut butter.
6. Oatmeal made with rolled oats, chia seeds, milk, and mixed berries.
7. Smashed avocado on whole grain toast, topped with a poached egg.
8. Chia seed pudding made with almond milk and topped with sliced almonds and fresh berries.



Sample Meals for GERD Management

Lunches and Dinners:

1. Chicken lettuce wraps with brown rice, mixed vegetables, avocado, and chicken breast.
2. Poke bowl with jasmine rice, edamame, salmon, shredded carrots, chopped cucumbers, nori (seaweed), pickled ginger, and low sodium soy sauce.
3. Quesadilla with whole wheat wrap, shredded chicken, black beans, low fat cheddar cheese, and chopped peppers.
4. Tofu wrap with greens, hummus, avocado, sliced vegetables, and tofu.
5. Grilled chicken breast with roasted sweet potatoes, steamed broccoli, and a garden salad.
6. Baked salmon with quinoa, sautéed spinach, and roasted Brussels sprouts.
7. Grilled shrimp with couscous and grilled zucchini and eggplant.
8. Baked tofu with stir-fried brown rice, mixed vegetables (broccoli, bell peppers, carrots), and pineapple.
9. Quinoa-stuffed bell peppers with black beans and corn.
10. Baked cod with wild rice and green beans.



Other Lifestyle Factors & GERD



Avoid air swallowing habits

Eating fast, chewing gum, gulping drinks or drinking from a straw can make symptoms worse



Be active!

An **active lifestyle** has been shown to improve GERD symptoms



Manage stress & improve mental well-being

Meditation, exercise or movement, deep breathing etc.

If you need mental health assistance, speak to your doctor



If you smoke, try to quit

Nicotine relaxes the muscle at the opening of the stomach



Reduce pressure around your stomach & chest

Don't wear tight clothing

Sleep & Acid Reflux

Avoid laying down right after eating (wait 3+ hours)

Sleep on your left side to reduce nighttime reflux

Sleep with your head raised 6-8 inches

Try your best to get a good night's rest.

Studies suggest there is a relationship between GERD, staying up late, and insomnia.

What to do if lifestyle changes
are not enough?

Speak with your pharmacist,
doctor, or NP about medications

Antacids

Works well for mild or occasional symptoms

Provides quick but short-lasting effects

Take after meals and at bedtime as needed

- **Examples:**

TUMS[®], Rolaid[®]s

Alka-Seltzer[®]

Milk of Magnesia[®]

Gaviscon[®]



Histamine Blockers

Not as fast acting as antacids, but effects last up to 12 hours

- May be especially useful for nighttime symptoms
- Take twice daily, about 15-30 mins before meals
- **Examples:**
 - Zantac[®] (ranitidine)
 - Pepcid AC[®] (famotidine)



Prescription Proton Pump Inhibitors



- Generally reserved for frequent or severe symptoms
- Slowest acting option, but effects last up to 24 hours, and may be more effective than other medications
- Take 30 minutes before breakfast
- **Examples:**
 - Omeprazole (Losec[®], Olex[®])
Available OTC
 - Esomeprazole (Nexium[®])
 - Lansoprazole (Prevacid[®])
 - Dexlansoprazole (Dexilant[®])
 - Pantoprazole (Tecta[®], Pantoloc[®])
 - Rabeprazole (Pariet[®])

Not all options will be right for you. Consult your pharmacist, doctor, or NP before starting these products.

How long should you stay on PPIs for?

PPIs are generally a safe group of medications for patients who need them.

However, with long-term use, they may increase the risk of:

B12 deficiency

Iron deficiency

Low magnesium levels

Gastrointestinal infections

Pneumonia

Bone fractures

Stopping your PPI





















Stopping a PPI is not for everyone. **Consult your physician, nurse practitioner, or pharmacist to see if stopping is the best option for you.**



To improve your success of stopping a PPI, you should reduce the dose of your medication gradually. **This schedule is based on your individual needs.**

Example:
**Reduce
to stop**

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

What if you experience occasional symptoms while reducing your PPI?

You may use OTC
products for relief of
mild to moderate
symptoms

QUESTIONS?