

## Mayo Clinic Minute: GERD is not 'just' heartburn

Video	Audio
	Heartburn — it's the cardinal symptom of GERD.
James East, M.D. Gastroenterology Mayo Clinic Healthcare in London	"GERD, gastroesophageal reflux disease, is when you get acid and chemical damage to the lining of the esophagus."
	You might feel a lump in the throat, have difficulty swallowing, have chest pain, a cough, or have worsening asthma-type symptoms.
	"Complications of GERD include esophagitis, inflammation in the bottom of the esophagus. If this is persistent, you can develop scarring and a stricture."
	But if it's persistent and heals, the lining of the esophagus can change to a more acid-resistant form, which is Barrett's esophagus.
	"Barrett's esophagus is a reasonably common complication of GERD."
	It affects 10% to 15% of people with GERD, says Dr. East. And a much smaller group faces another risk.
	"About 1 in 200 patients with Barrett's esophagus per year will develop esophageal adenocarcinoma."
	There are innovative treatments for GERD and medications, like proton pump inhibitors. But first, avoid triggers, like coffee, alcohol, and smoking.
	"If you have severe or frequent GERD, you should seek medical advice."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.