



**Weill Cornell Medicine**

# It's GERD Awareness Week!



**GERD Awareness Week is November 21–27.**

Before you indulge in hearty holiday snacks, take a moment to educate yourself on how GERD can impact your health.

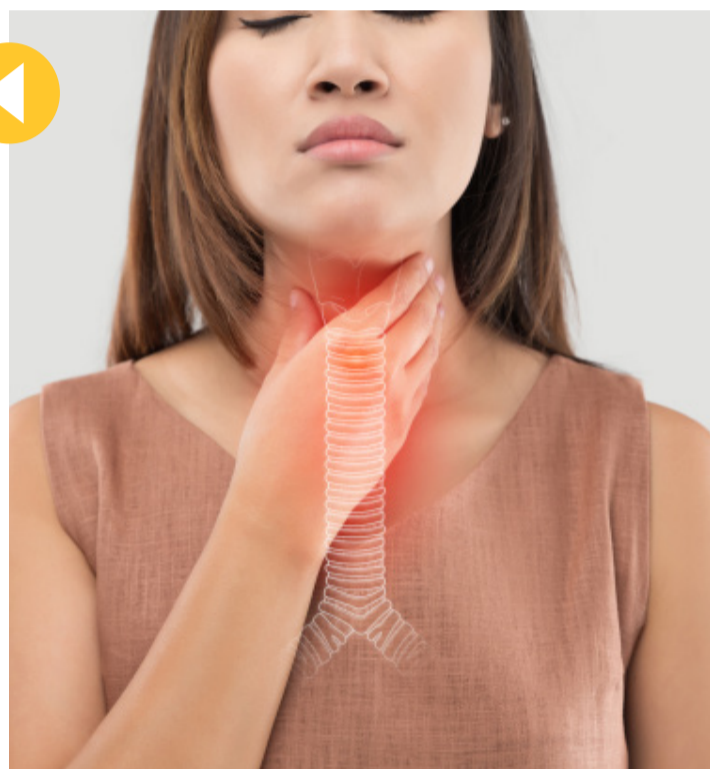
## GERD DEFINED

GERD is short for gastroesophageal reflux disease. It occurs when food that makes it to your stomach comes back into your esophagus.

GERD can cause heartburn, nausea and more.

It's more common if you're overweight, pregnant or smoke cigarettes.

Treatment may involve lifestyle changes, medication or surgery.



## BURNING UP YOUR HOLIDAYS



Why is this the time to think about GERD? Because the holidays are full of GERD-related risks.

**Fatty, fried and spicy foods** all increase your risk for GERD.

Other foods may trigger your GERD symptoms. **Recognize those food types avoid them.**

You're more likely to **experience GERD when you overeat.**



## NOW WHAT?

If you want to keep GERD out of your holiday plans, try these tips:

**Avoid** spicy, fried and fatty foods.

**Eat slowly** to give your brain time to know when you're full. Then stop eating.

If necessary, **take medication** to prevent or stop GERD symptoms.

**Wait at least three hours after eating** before lying down to rest.



Work with Weill Cornell Medicine's Gastroenterology and Hepatology team to **diagnose and treat GERD.**

Learn more at [weillcornell.org/services/gastroenterology-and-hepatology](http://weillcornell.org/services/gastroenterology-and-hepatology)



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