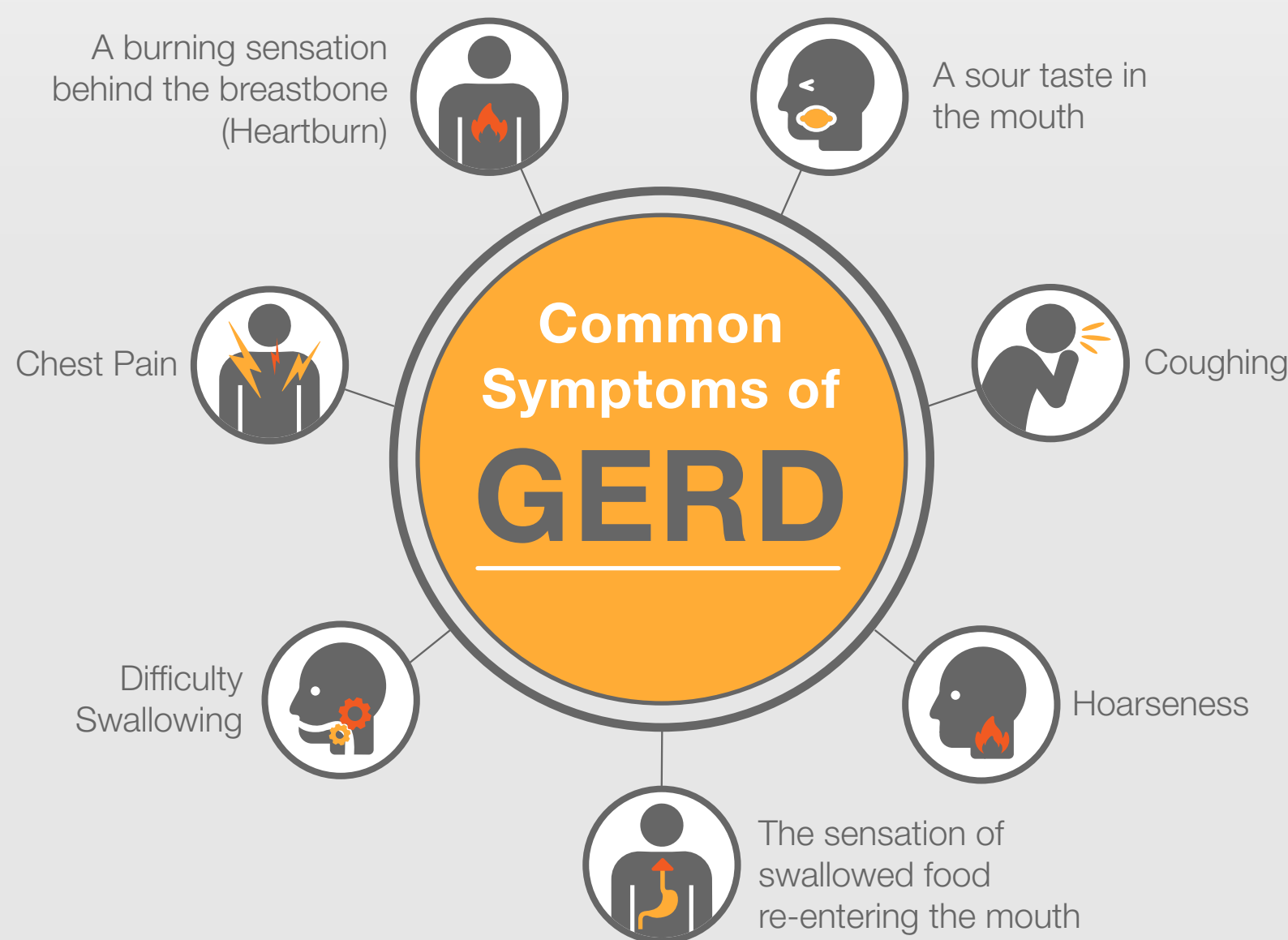
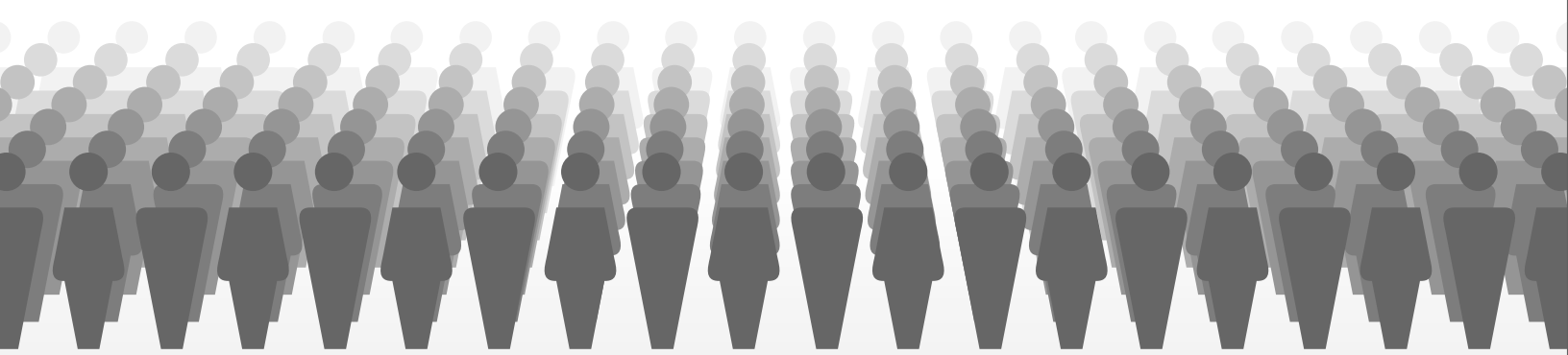


Relief from HEARTBURN PAIN

15 million Americans experience
**GastroEsophageal Reflux
Disease (GERD)** daily.



What Causes GERD

Reflux occurs when the muscles in the lower end of the esophagus are abnormally weakened or relaxed, allowing stomach contents to wash back into the esophagus. Left untreated, the reflux can cause esophageal inflammation which can lead to Barrett's esophagus, a condition that increases the risk of esophageal cancer.



For most people heartburn occurs after:

eating a large meal

eating late at night

lying down shortly after eating

eating spicy/acidic foods

drinking alcohol or caffeine

Diagnosis

Depending on how your symptoms display themselves, our gastroenterologists may recommend any of the following diagnostic options to help them determine the extent of any damage and the best treatment for you:

- ☒ Upper Endoscopy (EGD)
- ☒ Wireless pH Monitoring
- ☒ Barium Swallow
- ☒ Custom Medication and Dietary Plan

STOP

the Damage

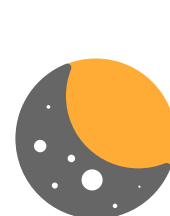
Try these simple lifestyle changes to stop or minimize esophageal damage and discomfort caused by GERD, even before your appointment with our doctor:



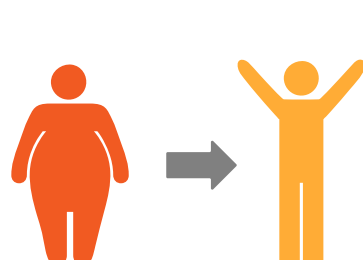
Elevate the head of your bed



Avoid large meals



Don't eat late at night



Lose weight



Avoid trigger foods
– spicy/acidic foods,
alcohol, caffeine



Stop Smoking

BEGIN THE HEALING PROCESS

Our highly capable specialists will provide the advanced skill, care and heartfelt compassion necessary to uncover and correct the underlying cause of your heartburn.



GRANITE PEAKS
GASTROENTEROLOGY

UtahHeartburnRelief.com