



# Coping with Heartburn and Reflux (Overcoming Common Problems)

*Tom Smith*

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Heartburn and reflux are all too common, affecting up to 20 per cent of people in all Western countries at any one time. Known as gastro-esophageal reflux disease (GERD), this unpleasant condition is on the increase, due to our obesity epidemic, frenetic lifestyle, and rushed eating habits. Most people with heartburn self-treat, and never bother to see their doctor. Subjects covered include: ?The normal stomach and esophagus ?When things go wrong ?Diagnosis ?Treatment ?How to help yourself ?Hiatus hernia ?Heart conditions that mimic GERD ?Complications such as Barret?s esophagus and when to worry ?Surgery

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