

## **Acid Reflux Syndrome - What You Must Know**

By [Terry Edwards](#)

The technical term for acid reflux syndrome is Gastro Esophageal Reflux Disease or GERD for short. Basically, acid reflux syndrome occurs when acid from the stomach goes in the esophagus -- hence, reflux. Typically when this happens the acid will remain in the stomach, which causes discomfort. In mild cases it is heartburn that occurs. But in more severe cases when the acid goes into the esophagus you can begin to experience symptoms such as vomiting and extreme pain. Damage to the esophagus can even be experienced over time.

Believe it or not, almost all of us experience acid reflux at one time or another. Usually it is only a mild form of the problem. This will usually occur after overeating foods with high concentrations of acid. If this happens to you only occasionally, then it is nothing to worry about. However, if it happens habitually then it is considered acid reflux syndrome. The quicker you treat the syndrome the less likely you are to develop complications from it.

Unfortunately, if you let GERD run its course it can be destructive. The worst thing that can happen because of acid reflux syndrome is Barrett's esophagus.

Barrett's esophagus is when membrane cells change in the esophagus, thus changing the lining of the esophagus into something similar to the intestine. This is done to protect the body from excessive acid. However, when this occurs, the risk of cancer goes through the roof -- an increase of 3000% or more!

Acid reflux syndrome is not restricted to age or sex. It can happen to anyone no matter how old they are or if they are male or female. However, certain people are higher risk than others. Those who are overweight, who vomit frequently, have scleroderma, or are pregnant are at a higher risk for acid reflux syndrome.

Heartburn, and acid reflux in particular can be treated in a variety of ways depending upon the seriousness of the condition. In less extreme cases it is often treated by changing dietary habits, increasing exercise, and reducing stress in one's life. In more serious cases, medications -- and even surgery -- are the prescription. As you can see, taking the problem seriously is very important. The condition can be controlled and even eliminated by taking just a few simple steps.

You can find out more about [Acid Reflux Syndrome](#) as well as much more information and tips on everything to do with acid reflux disorder and GERD at <http://www.AcidRefluxDisorderA-Z.com>

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