




Dr. Tariq Patel

To Avoid Heartburn Eat Light, Avoid Excess Oil And Calories, Stop Smoking, Watch Your Weight And Don't Lie Down Immediately After Meals



Dr. Niranjan Banks

Significant Population Of GERD (Gastro-oesophageal Reflux Disease) Have Symptoms Mimicking Nrip (Non-Cardiac Chest Pain) These Symptoms Should Not Be Ignored And Should Be Investigated Further.




Dr. Jayant Barve

GERD Is Usually Due To Reflux Of Acid In Food Pipe, It Commonly Produces Burning Sensation In Chest And Rising Of Food Or Gas Or Taste Of Food In Mouth, Difficulty Swallowing Or Strenuous Vomiting Suggests Complications And Need Endoscopy. It Can Mimic Heart Attack / Stroke Etc May Be Reassured.



Dr. Molina Khanna

Gastroesophageal Reflux Disease Is A Disease Where The Stomach Contents Come Up To The Esophagus And Cause Burning In Chest And Undigested Food Or Acid Coming Up In The Mouth. Being Overweight, Smoking And Eating Fatty Food Are Risk Factors For GERD. So Lifestyle Modification Remains An Important Part Of Treatment.



Dr. Sanjeev Khanna

GERD Is A Disease Of Bad Lifestyle.



Dr. Shripad Bodas

GERD Exists Much More Than We Know. It Affects Quality Of Life And Hence Needs To Be Addressed. Majority Cases Can Be Controlled By Lifestyle And Diet Modification. Appropriate Medication Also Helps. Don't Ignore Symptoms And Do Consult A Gastroenterologist.



Dr. Tarique Momin

"It may be more than a simple heartburn, Follow your gut and consult your doctor!"
 -Dr Tarique Momin



Dr. Roy Patankar

Reflux Of Acid Into The Food Pipe Is GERD. Can Cause Complications Including Gash Difficulty In Swallowing And Rarely Bleeding Esophageal Which Is Prevalent In Lifestyle Changes And Acid Suppressing Medicines. Treat Case In Majority. For Severe Reflux Or With Complications, A Reflux Surgery May Be Required.



Dr. Aruna bhav

The discomfort caused due to GERD can be managed by a change in lifestyle. However, a few need strong medication to cure the problem.



Dr. Vedant Karvir

Hurry, Worry And Curry Makes Stomach Scary



Dr. Hardik Shah

Gastroesophageal Reflux Disease Or GERD Is A Very Common Disorder Characterized By Symptoms That Result From Repeated Or Prolonged Exposure Of The Lining Of The Esophagus (Food Pipe) To Acidic Contents From The Stomach. It Is Often Accompanied By Symptoms Such As Heartburn And Sour Regurgitation.



Dr. Yogesh Palshekar

Treat GERD With Almost Priority, If The Lifestyle Changes And Medicines Do Not Work, Do Not Hesitate To Have Surgery.



Dr. Kishor Naik

To Keep GERD Under Control 1. Eat Food At Regular Intervals And Eat Slowly 2. Avoid Spicy, Fatty, Greasy, Chocolate, Fatty Foods, Alcohol, Tobacco 3. Keep Body Weight Under Control 4. Do Regular Light Exercise Take Adequate Sleep



Dr. Keyur A Sheth

Take Control Of Gard Today Enjoy Life The Healthy Way



Dr. Valbhay Somani

Hurry Curry And Worry Are The Three Main Causes For GERD



Dr. Samit Patel

GERD Also Well Recognized As Heartburn, Acidity, Or Regurgitation Can Be Well Controlled By Simple Lifestyle Modifications Including Dietary Modifications, And Weight Control Along With Simple Medications.



Dr. Vivek Joshi

Lifestyle Modification Is The Key To Addressing Relief From GERD. Healthy Diet And Posture, Stopping Smoking, Diet And Keeping The Weight Under Control Are Of Paramount Importance.



Dr. Chetan Kanthariya

Gastroesophageal Reflux Disease (GERD) Is A Common Condition In Which The Stomach Contents Move Up Into The Esophagus. The Main Symptom Of GERD Is Heartburn And Regurgitating Sour Or Bitter Regurgitating Acid Or Bitter Liquid To The Throat. It Is Essentially A Lifestyle Disease.



Dr. Mamta Amonkar

You May Have Acid Reflux If U Have 1) Chronic Cough, 2) Difficulty In Swallowing 3) Burning In Your Chest After Eating Or Lying Down And 4) Food Or Liquid Coming Back Up In Your Throat



Dr. Tejsh A Pettwala

GERD Or Simply Reflux Disease Is Increasing Increasingly Common Across All Age Groups. Lifestyle Changes Such As Avoiding Spicy, Oily Foods Specifically At Night, To Avoid Lying Down Immediately After Meals, Drinking Water An Hour After Meals And Wearing Loose Nightwear Are Some Simple Measures For Avoiding Reflux.



Dr. Vinaykumar Thatt

A Seemingly Regular Health Problem Passed On As A Routine Complaint By Patients And Not Seeking Care Till It Actually Starts Interfering Day To Day Activities. Please Consult At Earliest For Early Remedy With Simple Solutions



Dr. Vinod Chandry

GERD Is A Lifestyle Disease. It Is Completely Treatable With Lifestyle Modifications And With Medications



Dr. Sagar Wallinjar

GERD Is A Life Style Disease. Obesity, Smoking, Alcohol, Lack Of Exercise, Late Night, Heavy Meals And Stress Are The Major Factors Responsible. Long Standing GERD Can Cause Complications Like Esophageal Stricture And Even Esophageal Cancer. So, It's Better To Avoid These Factors And Avoid GERD.



Dr. Rajan G Relekar

GERD Or Acid Reflux Disease Can Be Well Managed With Lifestyle Modifications, Including Weight Reduction And Acid Suppressing Medications. However, Endoscopic Or Surgical Treatment May Be Required In Some Cases. Awareness Of GERD Is Important.




Dr. Samit Jais

6 ways to Decrease your symptoms of Acid Reflux (GERD) 1. Lose weight If you are overweight 2. Raise the head of your bed by 6 to 8 inches - You can do this by putting blocks of wood or bricks under 2 legs of the bed or a foam wedge under the mattress. 3. Avoid spicy, fatty, greasy, citrusy foods 4. Stop smoking 5. Stop drinking alcohol 6. Stop drinking coffee



Dr. Rajeev Hambarde

Any Retrosternal Pain In Young Indian Adult First Think Of GERD, So Common Mostly Due To Fatty Food Habits And Obesity.



Dr. Sunil Kavathe

GERD Is A Lifestyle Disease. Symptoms Of Heartburn & Regurgitation Requires Physicians Help To Cure.



Dr. Rahul Shah

GERD Can Be Treated, But If Not Treated Correctly, Serious Complications Can Occur.



Dr. Vinay Pawar

GERD Is Commonly Described As Heart Burn Or Acidity Treatment Of GERD Includes Lifestyle Modification Like Avoiding Oily Or Spicy Food, Having Frequent Small Meals And Avoiding Lying Down Immediately Post Meals Along With Medical, Endoscopic Or Surgical Management.



Dr. M.A.M. Ansari

1. Eat On Time
2. Eat Slowly, Chew Properly Over 20mins.
3. Do Not Drink Water Immediately After Meals, Drink After 20 Min
4. Do Not Sleep Or Sit After Meals.
5. Add Fruits, Green Salad In All Meals




Dr. Vandana Dhaktode

Avoid Smoking Avoid Drinking! Avoid Spicy Food Eat Healthy Meals On Time



Dr. Pavan Dhoble

Lifestyle Tips To Make Your GERD Symptoms Better: Eat Smaller Meals, And Eat More Often, Lose Weight, If You Need To. If You Smoke Or Chew Tobacco, Try To Quit. Your Health Care Provider Can Help. Exercise, Be Not Right After Eating Reduce Your Stress And Watch For Alcohol, Fatty Foods, Spicy Can Sober Your Reflux Problem.



Dr. Anil Pal

Treatment Of GERD Today Can Prevent Bigger Problems Of Tomorrow.



Dr. Priyesh Patel

Do Eat A Healthy Diet, Rich In Fruits, Vegetables, And Low-Fat Dairy Products. Lower Your Intake Of Saturated And Total Fats. Do Raise The Head Of Your Bed 6 To 8 Inches With Wooden Blocks. Do Maintain A Healthy Body Weight



Dr. Ronak Ajmera

Refrain, Not Suffer From This Chronic Disease. Take Correct Guidance From Your Gastroenterologist

