

How to **BREAK** the Asthma — GERD Cycle

If you have asthma, you may also have gastroesophageal reflux (GERD).

70%
of
all people
with asthma
also have
GERD

GERD Symptoms

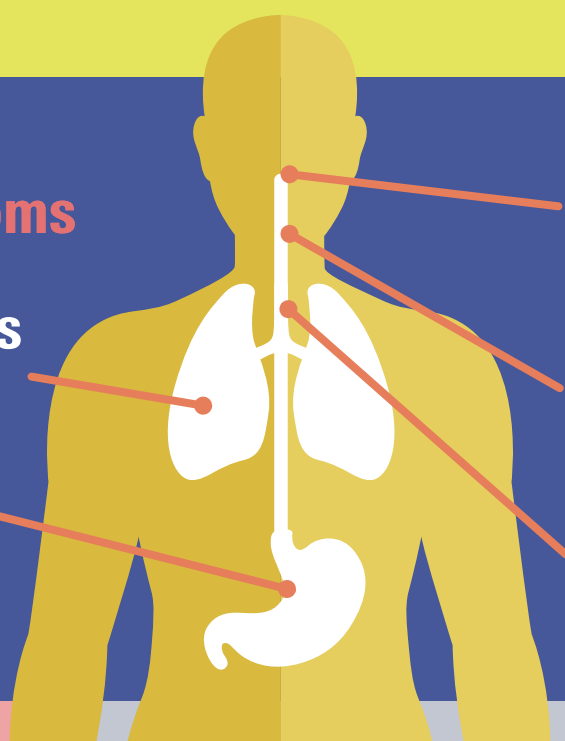
Shortness of Breath

Eating

Sour Taste

Burping

Heartburn



GERD causes stomach contents to flow back into the esophagus and may cause heartburn, burping or a sour taste in the mouth, or no symptoms.

GERD can also cause regurgitation and dysphagia (the sensation that food is getting stuck or going down slowly or abnormally).

Stomach contents can irritate the lining of the throat, airways and lungs.

GERD can make asthma symptoms worse

Treating GERD can improve asthma symptoms

Asthma and some asthma medications may aggravate GERD symptoms

Asthma May Be Related to GERD When



Asthma symptoms follow a large meal



Asthma symptoms are worse during sleep



You are regularly hoarse



You cough frequently



Asthma does not respond to asthma medications



Your asthma is not well controlled

Tips for Managing Asthma and GERD

Do

- ✓ Eat smaller, more frequent meals.
- ✓ Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
- ✓ Elevate the head of your bed 6-8 inches or use a wedge-shaped pillow.
- ✓ Maintain a healthy weight.
- ✓ Relax and manage stress.
- ✓ Take asthma medications consistently.
- ✓ Control exposure to asthma triggers.
- ✓ If your asthma symptoms have been uncontrolled for a long time, see a gastroenterologist for a reflux evaluation to optimize your regimen and prevent asthma symptoms.

Don't

- ✗ Eat two to three hours before bedtime.
- ✗ Wear belts or clothes that are tight around the waist.
- ✗ Smoke.