

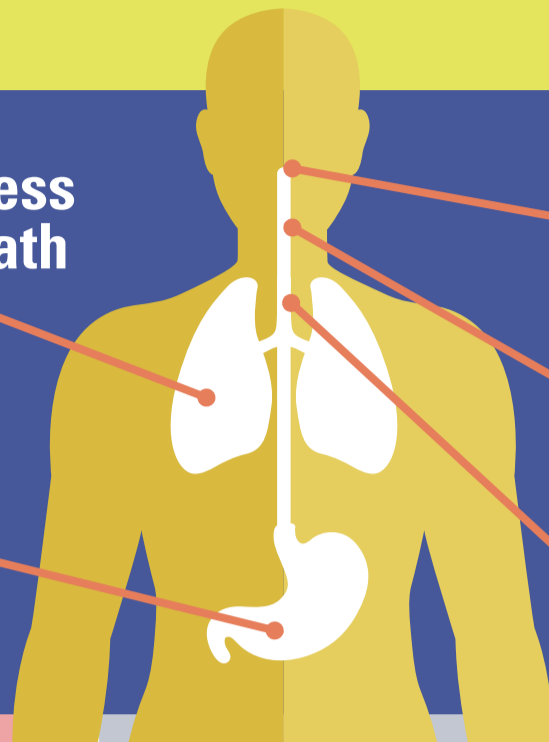
# BREAK the Cycle Today

## What's the Connection Between Asthma & Gastroesophageal Reflux Disease (GERD)?

**70%**  
of  
all people  
with asthma  
also have  
Gastroesophageal  
reflux disease

Shortness  
of Breath

Eating



Sour  
Taste

Burping

Heartburn

Stomach contents  
flow back into the  
esophagus and may  
cause heartburn, burping  
or a sour taste in the  
mouth, or no symptoms  
(silent reflux)



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 have  
frequent coughing



Asthma does  
not respond to  
asthma medications



Your asthma is  
not well controlled

### Tips for Managing Asthma and GERD

#### Do

- ✓ Eat small, more frequent meals.
- ✓ Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
- ✓ Elevate the head of your bed a few inches or use a wedge-shaped pillow.
- ✓ Maintain a reasonable weight.
- ✓ Relax and manage stress.
- ✓ Take asthma medications consistently.
- ✓ Control exposure to asthma triggers.

#### Don't

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