

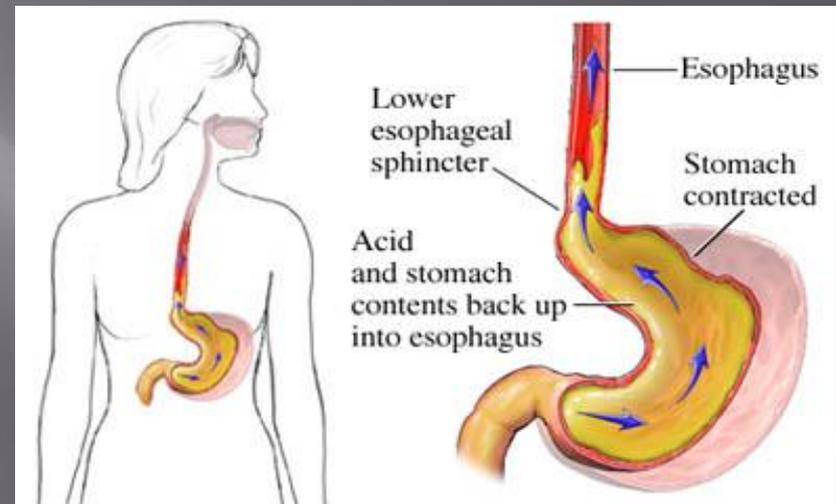
SECTION #5

GERD **(gastro-esophageal reflux disease)** **AND OTHER** **CONTRIBUTING** **FACTORS**

GERD (acid reflux) CAN CAUSE ASPIRATION PNEUMONIA

Common symptoms of GERD include:

- wheezing,
- heartburn,
- coughing,
- spitting up,
- regurgitation



Symptoms usually become worse after eating
especially if the person lies flat or bends over

TO HELP SOMEONE WITH GERD (REFLUX)

➤ Slow down eating or feeding process

➤ Serve frequent small meals

➤ Schedule no meals within 2-3 hours prior to lying down

➤ Provide foods and liquids of proper texture/consistency

