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Date: 01-12-2024

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## Your Result

**See a Doctor for Evaluation**

**Based on the frequency of your symptoms, you should be evaluated by a health care professional for GERD.**

- Gastroesophageal reflux disease (GERD) is a common medical condition that can only be diagnosed by a doctor.
- Consider trying more of the healthy habits listed on page two of this report. Doing so may reduce or prevent future symptoms.

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## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

## Chronic Symptoms

No Symptoms Reported 

## Chronic Symptoms

No Symptoms Reported

Chronic Symptoms	You Reported
Chronic cough	No
Chronic hoarseness	No
Chronic laryngitis	No
Chronic sore throat	No

**Be Mindful of Chronic Symptoms**

Although GERD has common symptoms — such as heartburn and regurgitation — there are other, less common symptoms that may be related to the condition.

The issues listed here can be related to (or even caused by) GERD. This is true even if the more typical symptoms are not present.

Regardless of whether someone has GERD, if the symptoms listed in the table above are present, a doctor should evaluate those symptoms to rule out or diagnose any other serious issues.

Concerning Symptoms

No Symptoms Reported 

### Concerning Symptoms

**No Symptoms Reported**

Concerning Symptoms	You Reported
Chest pain not otherwise described	No
Painful or difficulty swallowing	No
Unexplained weight loss (5% or more)	No

#### Warning Signs of a Potentially Serious Condition

Certain symptoms associated with GERD may be indicators of a more serious condition. Only a healthcare professional can accurately assess the significance of your symptoms.

If you have experienced any of the symptoms listed in the table above, you should *seek medical attention as soon as you can.*

### GERD Symptoms

5 Symptom(s) Reported

GERD Symptoms	You Reported
Burning feeling behind the breastbone	2 or 3 Days
Stomach contents moving up to the throat or mouth	0 Days
Pain in the middle of the upper stomach area	2 or 3 Days
Nausea	1 Day
Trouble getting a good night's sleep because of symptoms	2 or 3 Days
Need for over-the-counter medicine for symptoms	4 or 7 Days

#### What is GERD?

Gastroesophageal reflux disease, or GERD—is a condition where stomach acid or contents flow back into the food pipe (esophagus) and cause irritation of the lining. It is commonly referred to as “heartburn,” although heartburn is just one of many possible symptoms of this condition. It is estimated that anywhere from 6% to 30% of people in North America experience GERD symptoms in their lifetime.

#### Common Symptoms of GERD

The symptoms listed in the table to the right are some of the most common symptoms of acid reflux disease. However, this list does not include all possible symptoms.

If you're worried about whether you have acid reflux disease, or if you have other symptoms that are bothering you, talk with a health care professional about what's going on.

## Healthy Habits

3 Healthy Habits Reported

Lifestyle Habits	You Reported
Avoid food and drink that trigger symptoms	No
Drink less than 7 alcoholic drinks per week or month	No
Take OTC pain relievers only as directed by a doctor	No
Wear loose clothing around the stomach	Yes
Eat smaller meals throughout the day	No
Avoid eating 3 hours before laying down	Yes
Keep head elevated during sleep	Yes

### Healthy Habits to Reduce Symptoms

Healthy habits are things people can do to improve or prevent GERD symptoms.

The table above shows some of the most common healthy habits people use to control their symptoms. If you answered “no” to any of these, consider adding them to your lifestyle to help improve or reduce symptoms.

Risk Factors

No Risk Factors Reported ^

### Risk Factors

No Risk Factors Reported

Risk Factors	You Reported
Increased weight	No
Current tobacco use	No

#### Risk Factors for GERD

A risk factor is something that makes one's chances of developing gastroesophageal reflux disease (GERD) higher. If someone is diagnosed with GERD, a risk factor is something that may have contributed to them developing the condition.

The table above shows the most common risk factors for GERD.

## Take Your Next Steps

We recommend scheduling an assessment with a Gastroenterologist based on the answers provided in this assessment.

Call me to Schedule

***Take the time to review these results with a physician.***

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

**Our Digestive Health Services**

To learn more about our personalized approach at National Health, visit [nationalhealth.org](https://nationalhealth.org). We provide a comprehensive array of services to help our community maintain and improve their mental health.

*Thank you for participating in the GERDAware Risk Assessment.*

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NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

**DISCLAIMER**

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