

Stomach contents may rise as far as the throat (often described as repeating) and be experienced as regurgitation. When severe, it may resemble vomiting. Occasionally the stomach contents may irritate the breathing passages and cause coughing, hoarseness, sore throat and asthma.

Medication has no permanent effect on the abnormalities that cause reflux, thus it usually reoccurs if treatment is stopped.

On the program

For those clients with reflux it is recommend that they do not drink with their meals and they confine fluid intake to between meals. It is advised that they have their meals at least three hours before retiring to bed and to drink alkaline beverages such as herbal teas and water during this time. Clients are advised to limit intake of coffee as much as possible.

References:

<http://www.nevdgp.org.au/geninf/gastro/heartbur.htm>
<http://webs.customer.netspace.net.au/reflux.html>

reflux

Gastro-oesophageal reflux disease is a common case of indigestion. It is caused by the washing back (reflux) of food and stomach acid into the gullet (oesophagus). This occurs because a muscular valve at the junction of the oesophagus fails to work properly. The “valve” has two main functions: to protect the lining of the oesophagus from stomach-acid burns, and to protect the lungs from stomach-acid inhalation. People of all ages may be affected, even new born babies.

Reflux occurs when the stomach contents irritate the oesophagus and cause a painful burning sensation in the chest rising up to the throat (heartburn). Sometimes this is accompanied by a bitter taste in the mouth. These symptoms typically occur after food.

Large meals and fatty or spicy foods are most likely to cause problems. Lying down or bending over may also cause or worsen symptoms.

It is often believed by people who suffer from reflux oesophagitis that they are producing too much acid, but this is not the case. The stomach has a special protective lining which is acid resistant however the lining of the oesophagus is not designed to withstand acid and in some cases of reflux some of the stomach acid refluxes upward and burns the oesophageal lining. Therefore, the problem is not excessive acid production, but leakage of acid into the wrong place.

