

Gastroesophageal reflux disease research paper example

[Health & Medicine](#), [Disease](#)



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Gastro esophageal reflux disease is very common health problem these days, related to esophagus tube inside the stomach of a human body, the function of this tube is to carry the food from mouth to stomach. A hectic lifestyle and bad intake habits have made this disease vey common today.

Cause and Effect

The reason behind this disease is a muscle located at lower esophageal sphincter of the esophagus tube, when this muscle is not blocked appropriately or amount of gastric juice refluxed in it starts overflowing due to its excess quantity and irritates esophagus and results in heartburn and dysphagia. Other factors that cause and aggravate Gastro esophageal reflux are consumption of citrus drinks and products, alcohol, smoking, fried foods, coffee, tomato products, garlic and onion. Women may suffer from this disease during pregnancy and fat people usually suffer from Gastro esophageal reflux.

Symptoms and Test

Most common symptom of Gastro esophageal reflux is heartburn and others are dysphasia, regurgitation, nausea, chest pain, hiccups, sore throat, cough and more. new born babies also may suffer from this disease and it really becomes difficult to trace Gastro esophageal reflux among infants firstly because, they can not speak and secondly, the symptoms found in the babies are not the same as these are in adults. The babies with their age get rid of this problem almost in every case.

Esophagogastroduodenoscopy test is very commonly used to trace out the Gastro esophageal reflux and to assess how severe the damage is by inserting a very thin pipe with camera through mouth, this camera inspects the concerned internal part that is injured.

Esophageal manometry test is used to trace that which injured part is causing bleeding. There are several other methods including ph monitoring and x-rays of concerned parts through which Gastro esophageal reflux is traced and it can be cured.

Treatment

The basic reasons of Gastro esophageal reflux as mentioned above are irregular lifestyle and unhealthful eating habits and by improving the same the disease can be treated. The best way to get rid of the problem is a healthy life style and good eating habits. Person suffering from Gastro esophageal reflux should improve his lifestyle and involve himself in some physical work. Fat and fried food, citrus products, alcohol, smoking, coffee, tomato products and other spicy foods should be completely avoided, light

and small quantity of healthy food should be taken. Fat patients should make every effort to lose their fat and patients should avoid wearing tight clothes and belts. Antacids work some times and may ease a patient for the time being but it is not a permanent solution. If the abovementioned methods are not working then surgery is the only last solution to treat Gastro esophageal reflux, though it is done in rare cases.

Summary

Gastro esophageal reflux disease is a very common health problem which is caused basically in absence of a healthy life style and due to unhealthy eating habits. Consuming fat and fried foods, citrus products, other spicy foods, use of alcohol and smoking plays a major role in this problem. The problem is though simple but it can be dangerous if the proper action has not been taken at right time. Improving the life style and healthy food eating habits can treat the problem gradually and one can get rid of the problem known as Gastro esophageal reflux disease.

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