

# What is GERD?

GERD is caused by the **back-flow** of stomach acid and food contents from the stomach to the esophagus

This happens because of a **weakness or deformity** in the lower esophageal sphincter - which acts as a **valve** allowing food to go into the upper stomach from the esophagus but preventing food and stomach acid from backwashing into the esophagus

**SYMPTOMS** can be:

HEARTBURN  
SORETHROAT  
REGURGITATION  
NAUSEA  
SLEEP APNEA