

Heartburn is very common. Almost everyone experiences this at some time. It is a feeling of discomfort or burning and sometimes pain, which can affect the chest and neck.

Commonly used names include gastroesophageal reflux disease, reflux or GORD.

Reflux is due to stomach acid rising up into the oesophagus causing pain and irritation.

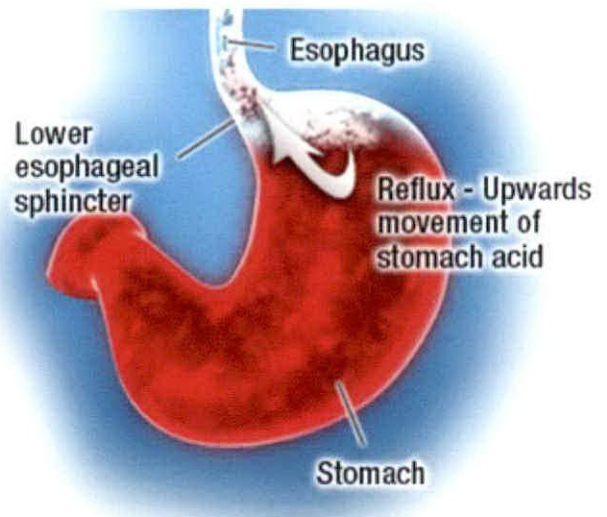
Many people experience reflux symptoms, no matter what they eat. If this is a regular occurrence and medications are unhelpful for your symptoms, you should mention this to your General Practitioner or Gastroenterologist.

**Often, a change in diet and lifestyle can help reduce reflux symptoms. These include limiting the following:**

- Coffee
- Chocolate
- Spicy foods
- Peppermint
- Coke
- Alcohol
- Cigarette Smoking
- Fatty Foods

Reflux disease can be diagnosed based on symptoms alone.

Tests can be helpful in both its diagnosis and making sure that nothing nasty is missed; this is particularly important if you display any of the following symptoms - weight loss, difficulty or pain with swallowing, vomiting with or without blood.



**Endoscopy is a common test used to diagnose this condition.**

Your doctor may prescribe medications, which may suppress stomach acid production. These medications are more effective than simple over-the-counter remedies.

If reflux is left untreated there is a risk of developing a condition called Barrett's oesophagus, which can be a pre-cancerous condition. This occurs when cells lining the lower end of the oesophagus are replaced by cells which usually line the small bowel.



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#### ABOUT

Our gastroenterology services offer patients a comprehensive range of diagnostic and therapeutic services with a focus on gastroscopy, colonoscopy and capsule endoscopy. Our team is dedicated to patient care and strives to make a patient's experience as comfortable as possible.

#### SERVICES

- Consultation
- Colonoscopy
- Capsule Endoscopy
- Intestinal Ultrasound
- Liver Fibrosis Ultrasound
- EUS
- ERCP
- Gastroscopy
- Breath Testing (Lactose/Fructose/Helicobacter)

**MDC**  
MELBOURNE  
DIGESTIVE CENTRE

GASTROENTEROLOGY & HEPATOLOGY

## HEARTBURN / REFLUX



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