

Pancarte murale plastifiée

Gastroesophagealrefluxdisease - 50 x 67 cm



Art: 9568081 | Marque:

34,00 €
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Gastroesophageal Reflux Disease

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Direct causes

- Dysfunction of lower esophageal sphincter
- Carbohydrates + Fat
- Alcohol + Caffeine
- Drugs + Nicotine
- Caffeine beverages called
- Fat in diet + Fast-food
- Impaired clearing and masticating capacity due to:
- Decreased secretion of saliva and tears
- Aggravated acid reflux
- Infections
- Reduced acid stomach contents linger in the esophagus when its motility is impaired

Indirect causes

- Overweight + Constipation + Pregnancy + Helicobacter (more specifically + Pylori) + Cigarette + Alcohol + Nicotine
- Esophageal reflux in the neonatal stage caused by:
 - Food or the tongue, hoarseness, nocturnal frequent coughing (caused by "silent reflux" into the airways)
- Complications related to the stomach (ulcers, mucosal atrophy, inflammation of the forest or the tongue, hoarseness, nocturnal frequent coughing) (caused by "silent reflux" into the airways)

Contributing factors

- Long meals after meals
- Tight-fitting, constrictive garments

Symptoms (top of acid)

- Nausea/vomiting
- Regurgitation of undigested food
- Difficulty or pain when swallowing
- Pain in the pit of the stomach or behind the breastbone
- Heartburn
- Pain during meals

Reflex caused by insufficient closing of the lower esophageal sphincter, without changes to the mucosal lining (reflexive reflux disease, NERD)

Consequences

- In one of 10 persons with reflux, inflammation of the esophagus is present
- One of 10 inflammations of the esophagus leads to thickening of the mucosal tissue (Barrett's esophagus)
- In one of 10 cases of Barrett's esophagus, esophageal cancer develops

Normal anatomy

Closing of the esophageal sphincter

Hiatal Hernia (diaphragmatic hernia)

Diaphragm

Severity of the complaints increases when lying on the back or on the left side, or when bending over or exercising

Superficial breaks in the mucosal lining, inflammation, cicatricial stenoses (narrowing caused by scar contraction)

Therapy

Close the good treatment opportunities and the possible complications, a doctor should be seen asap!

Self-medication will provide only temporary relief of symptoms and might not be seen necessary to one's doctor.

In general, the severity of complaints shows no correlation about the severity of the affliction.

Advice

- Reduce weight
- Sleep with the head of the bed elevated
- Do not eat for 2 hours before going to bed
- Avoid fast-food
- Avoid hot/spicy
- Avoid alcohol
- Avoid citrus fruits
- Avoid smoking consumption, better stop
- Bring it together
- Avoid alcohol, particularly hard
- Quit
- Change to a diet low in fat and carbohydrates, and high in protein (fish, lean meat, whole-grain cereals)
- Avoid stress
- Take gastric drugs only after having consulted your doctor
- Medical treatment of constipation
- Medical treatment of helicobacter pylori infection
- No eggs after meals

Barrett's esophagus (transformation of mucosal tissue)

Cancer of the lower esophagus

Sores (ulcers), bleeding

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