National GERD Awareness Week is Nov. 18 – 24
Tips to reduce GERD symptoms, including heartburn

Green Bay – National GERD Awareness Week takes place every year during the week of Thanksgiving – a time when many Americans may experience heartburn associated with overeating. However, if heartburn occurs more frequently, or is associated with symptoms other than heartburn, it may be gastroesophageal reflux disease (GERD), a lifelong disease that affects up to one in five adults in the United States.

GERD is caused by a weak valve that allows acid, bile and stomach contents to flow back from the stomach into the esophagus, creating pain (heartburn) and potentially causing damage to the lining of the esophagus. Heartburn is the most common symptom, but not the only one. Some GERD sufferers experience other symptoms, such as regurgitation, difficulty swallowing, hoarseness, persistent cough, worsening asthma symptoms, bad breath, sleep disturbance and tooth erosion.

The Prevea Heartburn Treatment Center, along with HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay, recommend the following tips to reduce GERD symptoms:

1. Avoid foods known to worsen symptoms; including citrus, tomato, onion, mint, chocolate, spicy foods and fried/high-fat foods.
2. Avoid carbonated beverages, caffeine, tobacco and alcohol.
3. Avoid NSAIDs (naproxen and ibuprofen).
4. Elevate the head of your bed 4 to 8 inches.
5. Avoid lying down within 2 to 3 hours after late or large evening meals.
6. Consume smaller and more frequent meals.
7. Lose weight. Even a 5 to 10 percent weight loss will be beneficial in reducing your symptoms.
8. Avoid clothing that is tight around the waist.

The Prevea Heartburn Treatment Center specializes in the diagnosis, treatment and care of heartburn, GERD and other esophageal diseases at HSHS St. Vincent and St. Mary’s Hospitals in Green Bay. In 2015, Dr. Hassanain Jassim, a Prevea Health general surgeon, became the first surgeon in Green Bay to offer LINX, a state-of-the-art procedure to treat GERD.

Appointments with the Prevea Heartburn Treatment Center can be made by calling (920) 429-1700 or upon referral from a primary care provider.

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About HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center
HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary’s location on Green Bay’s west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women’s services, emergency and trauma care, preventive care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ’s healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

About Hospital Sisters Health System
Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit [www.hshs.org](http://www.hshs.org). For more information about Hospital Sisters of St. Francis, visit [www.hospitalsisters.org](http://www.hospitalsisters.org).

About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit [www.prevea.com](http://www.prevea.com).