

# IS IT HEARTBURN, REFLUX, OR GERD?

A GUIDE TO UNDERSTANDING WHAT'S CAUSING YOUR SYMPTOMS AND WHY



## WHAT IS ACID REFLUX?

### Acid reflux is...

- A cause of heartburn and gastroesophageal reflux disease (**GERD**)
- Reflux occurs when stomach contents move back up into the esophagus, causing **heartburn** symptoms<sup>1</sup>
- Certain eating and lifestyle habits can lead to reflux<sup>2</sup>



## WHAT IS HEARTBURN?

### Heartburn is...

- A painful burning sensation in the mid to upper chest and throat<sup>3</sup>
- An episode of heartburn may occur when you<sup>4</sup>:
  - » Eat fatty, spicy, or acidic foods
  - » Go to bed too soon after eating
  - » Consume foods or beverages that can trigger heartburn



## WHAT IS GERD?

### GERD is...

- A condition that results from frequent, repeated episodes of reflux<sup>5</sup>
- Symptoms may include<sup>5</sup>:
  - » Frequent heartburn
  - » Chest pain
  - » Sore throat, coughing, and hoarseness
  - » Trouble swallowing
- Over time, GERD can lead to serious complications<sup>5</sup>

**Pepcid**<sup>®</sup>

SEE OTHER SIDE FOR  
MANAGING YOUR SYMPTOMS 

# HOW TO PREVENT—AND TREAT— REFLUX AND HEARTBURN



## RE-THINK SOME OF YOUR EATING AND LIFESTYLE HABITS<sup>4-6</sup>

- Avoid overeating. Eating too much can slow down stomach emptying and lead to reflux
- Wait 3 hours after eating before going to bed. Staying upright until food leaves the stomach can help prevent nighttime reflux
- Lose weight if needed. Extra pounds can put extra pressure on your stomach
- Ask your doctor about other lifestyle changes that can help prevent reflux and heartburn



## FOR OCCASIONAL HEARTBURN, OVER-THE-COUNTER ACID REDUCERS CAN HELP

PEPCID® works within minutes and lasts for up to 12 hours.\*† Over-the-counter PPIs can take up to 4 days to work‡ and are not intended to provide immediate relief, as they are indicated for more frequent heartburn (twice a week or more).

Heartburn that occurs twice a week or more is a warning sign of GERD.<sup>2</sup> Without treatment, GERD can lead to serious complications.<sup>4</sup> If you have frequent symptoms, it's important to see a doctor for diagnosis and treatment.



**SEE HOW PEPCID® CAN PROVIDE FAST AND LASTING RELIEF  
FOR OCCASIONAL HEARTBURN AT [WWW.PEPCID.COM](http://WWW.PEPCID.COM)†**

Use products only as directed.

\*Starts to relieve heartburn in 15 to 30 minutes.

†Based on 9-hour acid control studies during the day and 12-hour acid control studies during the night. Acid control does not imply symptom relief.

‡Some people get complete relief of symptoms within 24 hours.

**References:** 1. What's the difference between heartburn, acid reflux, and GERD? Cleveland Clinic Health Essentials. Published November 27, 2019. Accessed May 31, 2022. <https://health.clevelandclinic.org/whats-the-difference-between-heartburn-acid-reflux-and-gerd/>. 2. Acid reflux and GERD: Are they the same thing? Mayo Clinic. Published September 16, 2021. Accessed May 31, 2022. <https://www.mayoclinic.org/diseases-conditions/heartburn/expert-answers/heartburn-gerd/faq-20057894>. 3. Dictionary definition: Heartburn. National Institute of Diabetes and Digestive and Kidney Diseases. Accessed May 31, 2022. <https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-ger-gerd-adults>. 4. Acid reflux. American College of Gastroenterology. Accessed May 31, 2022. <https://gi.org/topics/acid-reflux/#tabs2>. 5. Acid reflux (GER & GRED) in adults. National Institute of Diabetes and Digestive and Kidney Diseases. Accessed May 31, 2022. <https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-ger-gerd-adults>. 6. Heartburn: nothing to do with the heart. International Foundation for Functional Gastrointestinal Disorders. Accessed May 31, 2022. <https://aboutgerd.org/signs-and-symptoms/heartburn-nothing-to-do-with-the-heart/>