



## YOUR GERD CONSULT WITH DR. REISING

During your initial consult Dr. Reising will perform a history and physical exam. He will start by asking you a series of questions about your reflux symptoms, so come prepared to discuss your heartburn and medical history. These questions may include the following:

1. When did your heart burn start? and how long have you had heartburn?
2. What foods or beverages make your heartburn worse?
3. Do you take any medications for your heart burn? Does the medication help?
4. Are your symptoms completely resolved while taking medication or do you get break through symptoms?
5. Do you have difficulty swallowing your food and getting it to go down?
6. Have you ever had food stuck in your esophagus?
7. Do you have a family history of esophageal or stomach cancer?
8. Do you smoke tobacco and/or drink alcohol?

After getting a better understanding of your symptom history and reviewing your medical record with you, Dr. Reising will explain why people get heartburn/reflux in simple to understand terms. He will help you understand the risks of long term acid reflux and the available treatment options including: weight loss, antacid medication, avoidance of caffeine, elevation of the head of your bed, dietary changes and procedures to correct and cure GERD.

In the last part of your consultation, Dr. Reising will explain GERD tests and his team will schedule these tests and a follow up appointment to go over the results and discuss treatment options.

