

# GERD is the word

Do you have any of these symptoms every day or more than three times a week?

- Heartburn or acid indigestion
- A feeling that food is coming back into your mouth
- An acidic or bitter taste in your mouth
- Chronic (long-term) coughing
- Trouble swallowing
- Do you take over-the-counter medicines (such as Tums®, Zantac®, Prilosec®) more than three times a week?

If you answered “**YES**” to any of these questions, you may have gastroesophageal reflux disease and you should see your provider.