

REFLUX DISEASE

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Symptoms include:

- Chest pain
- Burning behind the breast bone
- Acid/bile taste in the mouth
- Excessive saliva (“waterbrash”)

Other symptoms include:

- Foul taste in mouth
- Hoarse voice
- Dry cough
- Wheeze (difficult to control asthma)
- Tingling of tongue
- Problem with enamel on teeth

Your doctor can usually diagnose reflux disease very accurately based on your symptoms.

Sometimes it is recommended that you have a gastroscopy (also called panendoscopy) to assess the degree of damage, diagnose a hiatus hernia and look for any complications (for further information, read about Barrett's Oesophagus).

There are extremely effective forms of treatment to control the symptoms of reflux.

Certain lifestyle changes (such as an earlier evening meal and elevation of the head of the bed) may also be required.