

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sree Balaji Medical College and Hospital, which is spread across 36 acres. It has 14 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Mohammed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

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Department of
Gastroenterology

Heartburn
(Oesophageal Reflux)

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1 What is heartburn?

Heartburn is very common. Almost everyone has it at some time. It is a feeling of discomfort or burning or even pain felt rising up from the lower chest to the neck. Some people call it indigestion. Doctors call it gastrooesophageal reflux disease, or reflux or GERD for short. Reflux is due to stomach acid rising up to the oesophagus where it can cause pain and inflammation. Occasionally reflux is associated with food or fluid coming into the mouth. This is called regurgitation. If reflux symptoms occur regularly, say a few days a week or even every day, they may be distressing and need

2 Does my diet cause heartburn?

Many people who have reflux have symptoms no matter what they eat. Sometimes, however, the foods we eat can make reflux worse. Problem foods include large meals, fatty foods, chocolate, coffee, alcohol, cigarettes, cola drinks and peppermint. Some people know that a particular food gives them heartburn. You should avoid food situations that you know can cause you trouble. For example, don't have a meal just before going to bed or drink a lot of coffee at the end of the day. People generally

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Reflux disease is a diagnosis based on symptoms and special tests are not usually necessary unless you have alarm features such as weight loss, difficulty or pain with swallowing or vomiting – especially if there is any blood in it. Reflux is common and doctors know a lot about the cause and how to treat it. If you have any of the alarm

benefit, you should speak with your doctor about a test called an “endoscopy.” At endoscopy, a doctor can inspect the inside of your oesophagus using a flexible tube. Based on this, a change in your treatment may be suggested. Rarely, further tests are needed to check the muscles in the oesophagus or the duration that acid

4 How is reflux treated ?

Which treatment depends on how severe your symptoms are. People who have mild or infrequent symptoms often respond to antacids which neutralize the acid produced by the stomach. Other people may require drugs that reduce the amount of acid the stomach produces. You can buy some of these medications over the counter on the advice of your pharmacist. To get others you need a prescription from

5 Will I need to take medication forever?

Unfortunately most people who have reflux symptoms continue to have trouble if they don't take medication. However, you may not need to take your medication every day. Many patients are able to take their treatment on an “as required” basis. If you think this would suit you

6 Are there surgical options for treating reflux?

A small percentage of people require surgery for control of their reflux disease. The surgery is performed through a “key-hole” approach called laparoscopy. Surgery is usually reserved for patients who have severe symptoms or those whose symptoms are not relieved adequately with medication alone or those who do not