Treatments for Gastroesophageal Reflux Disease (GERD)/Heartburn

by Rick Alan

En Español (Spanish Version)

The treatment and management of GERD or heartburn involves lifestyle changes and medications. In more severe cases, surgery may be necessary.

The goals of treatment include:

- Reducing the amount of acid produced in the stomach
- Strengthening the sphincter muscle
- Reducing the amount of food, liquid, and stomach acid that flows backward into the esophagus from the stomach

Treatment may involve the following:

Lifestyle changes
Medications
Surgery

REFERENCES:


Last reviewed September 2011 by Daus Mahnke, MD  
Last Updated: 9/1/2011