

December's Topic: Gastroesophageal Reflux Disease (GERD)

At the State Employees' Insurance Board (SEIB)
State Wellness Center: Healthcare Clinic and Pharmacy

Symptoms of GERD

TYPICAL SYMPTOMS:

- ❖ Frequent heartburn
- ❖ Acid regurgitation
- ❖ Belching
- ❖ Excessive salivation

ALARM SYMPTOMS:

- ❖ Difficulty swallowing
- ❖ Painful swallowing
- ❖ Choking
- ❖ Continual pain
- ❖ Unexplained weight loss

**Call your doctor if you experience
ALARM symptoms.**

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470

Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

What is GERD?

- ❖ Condition of the stomach and esophagus in which stomach acid leaks back into the esophagus causing irritation and feelings of heart burn, among other symptoms

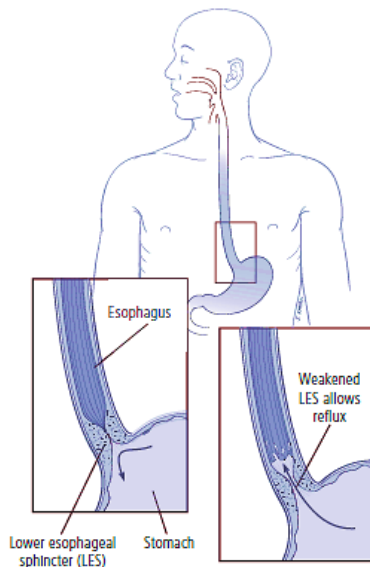


Image from: <http://intermountainhealthcare.org>

What increases your risk of GERD?

- ❖ Family history of GERD
- ❖ Obesity
- ❖ Smoking
- ❖ Alcohol consumption
- ❖ Respiratory diseases
- ❖ Chest pain
- ❖ Certain foods

Complications of untreated GERD:

- ❖ Ulcers or bleeding of the esophagus
- ❖ Narrowing of the esophagus
- ❖ Esophageal cancer

Treatment options

- ❖ Lifestyle changes:
 - Avoid laying down and bending over within 2 hours of eating
 - Avoid foods and beverages that can increase symptoms such as: spicy foods, fatty foods, chocolate, caffeinated drinks, tomato based foods, onions, and alcohol
 - Avoid tight clothing
 - Eat smaller meals
 - Quit smoking
 - Weight loss
- ❖ Medications (listed below)

Medications Available for the Treatment of GERD and Its Symptoms

- ❖ Proton Pump Inhibitors – stop stomach cells from making stomach acid
 - Prilosec (omeprazole)*
 - Prevacid (lansoprazole)*
 - Nexium (esomeprazole)
 - Aciphex (rabeprazole)
- ❖ Histamine Type 2 Receptor Blockers – stops one mechanism of the stomach cells from making stomach acid
 - Zantac (ranitidine)*
 - Pepcid (famotadine)*
 - Tagamet (cimetidine)*
- ❖ Antacids – neutralizes stomach acid
 - Tums (calcium carbonate)*
 - Milk of Magnesia (magnesium hydroxide)*
 - Alternagel (aluminum hydroxide)*

(* denotes medications available OTC [over the counter – prescription not necessary])

The staff at the SEIB Wellness Center and Pharmacy encourages you to be proactive in your gastrointestinal health. Make an appointment with your healthcare provider to schedule the screening that is appropriate for you and contact your doctor if you are having problems with GERD symptoms.

References:

1. Intermountain Healthcare - Fact Sheet for Patients and Families: GERD [Internet]. [Cited 2012 Nov 28]. Available from: <http://intermountainhealthcare.org/ext/Dcmnt?ncid=520257798>.
2. National Institute of Diabetes and Digestive and Kidney Diseases Official Site: Heartburn, Gastroesophageal Reflux, and Gastroesophageal reflux disease [Internet]. [Cited 2012 Nov 28]. Available from: <http://digestive.niddk.nih.gov/ddiseases/pubs/gerd/>.
3. Pubmed Health - Fact Sheet: Heartburn and GERD [Internet]. [Cited 2012 Nov 28]. Available from: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0048152/>
4. Outreach Services of Indiana – Health and Safety Fact Sheet: Aspiration Prevention [Internet]. [Cited 2012 Nov 28]. Available from: http://www.in.gov/fssa/files/aspiration_prevention_6.pdf
5. Nature reviews drug discovery: proton pump inhibition [Internet]. [Cited on 2012 Oct 21]. Available from: http://www.nature.com/nrd/journal/v2/n2/fig_tab/nrd1010_F2.html.
6. Schade RR, Williams DB. Gastroesophageal reflux disease. In Dipiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey LM, editors. Pharmacotherapy: A Pathophysiological Approach. 7th ed. New York: McGraw-Hill Medical; c 2011. p. 588-600.