

# How to **BREAK** the Asthma — GERD Cycle

If you have asthma, you may also have gastroesophageal reflux (GERD).

**70%**  
of

all people  
with asthma  
also have  
GERD

## GERD Symptoms

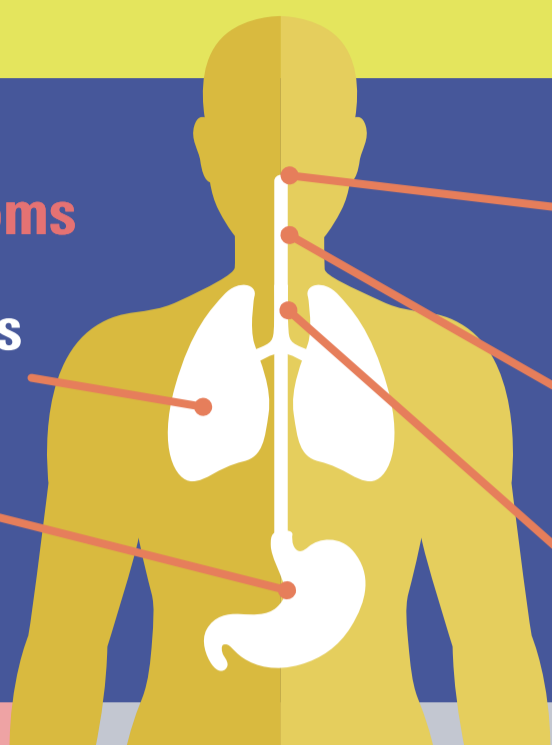
Shortness  
of Breath

Eating

Sour  
Taste

Burping

Heartburn



GERD causes stomach contents to flow back into the esophagus and may cause heartburn, burping or a sour taste in the mouth, or no symptoms.

GERD can also cause regurgitation and dysphagia (the sensation that food is getting stuck or going down slowly or abnormally).

Stomach contents can irritate the lining of the throat, airways and lungs.

GERD can make  
asthma symptoms worse

Treating  
GERD  
can improve  
asthma  
symptoms

Asthma and some asthma  
medications may aggravate  
GERD symptoms

## Asthma May Be Related to GERD When



Asthma symptoms  
follow a large meal



Asthma symptoms  
are worse during sleep



You are  
regularly hoarse



You cough frequently



Asthma does  
not respond to  
asthma medications



Your asthma is  
not well controlled

## Tips for Managing Asthma and GERD

### Do

- ✓ Eat smaller, more frequent meals.
- ✓ Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
- ✓ Elevate the head of your bed 6-8 inches or use a wedge-shaped pillow.
- ✓ Maintain a healthy weight.
- ✓ Relax and manage stress.
- ✓ Take asthma medications consistently.
- ✓ Control exposure to asthma triggers.

### Don't

- ✗ Eat two to three hours before bedtime.
- ✗ Wear belts or clothes that are tight around the waist.
- ✗ Smoke.