

Doctor Ben Thomas: Take a deep breath if you can, in and out.

Sharyn Frame: Melvin Dowdell's chest hurts so much it feels like it's on fire. His heartburn is much worse than what most of us endure after big meals now and then. And it signals a more serious condition called gastro-esophageal reflux disease or GERD.

Melvin: It all started waking up at night with mucus, regurgitation in the mouth. I would wake up spitting⁽¹⁾ at night and didn't know what was going on. And it happened quite a bit, especially after I ate late at night. So it became alarming when I started spitting up blood.

Dr Stephen Morris: Naturally, the key⁽²⁾ to reflux is the valve opens when it's not supposed to.

Frame: What causes GERD is quite simple. Sometimes the valve in the lower part of the esophagus opens or relaxes improperly; stomach acid then backs up⁽³⁾ or refluxes into the foodpipe⁽⁴⁾; this irritates and inflames the lining⁽⁵⁾ of the esophagus and can be very painful.

Dr Morris: The most common symptom fortunately is just heartburn or chest pain, usually a burning sensation behind the breastbone⁽⁶⁾, people can describe that pretty well, but at other times they will describe food coming up into their throat when they lie down or a burning sensation at the back of their throat, change in their voice, chronic cough⁽⁷⁾ when they wake up in the morning from having reflux nocturnally or at night.

Frame: Some seven million Americans suffer from GERD, it's aggravated by over-eating or laying down⁽⁸⁾ soon after eating, being overweight or obese. Alcohol, smoking and fatty foods can also irritate GERD. The disease also feeds on our very stressful lifestyle.

Dr Thomas: Because we're hurrying, we're fast, we don't even know what we eat after time and the result is lots of irritation in poor old stomach that can't adjust to everything, so it just pours in acid as much as it can and of course it tends to be too much.

Frame: GERD has no cure but you can control it by modifying your lifestyle. Dowdell changed his diet and stopped eating late at night.
I'm Sharyn Frame.

Dr Gupta: And as Dr Morris pointed out, heartburn is the most common symptom of GERD but it's not the only one.

Woman Presenter: In fact, some people have GERD without experiencing heartburn at all, hoarseness⁽⁹⁾ in the morning, difficulty swallowing⁽¹⁰⁾ with a feeling that food is stuck in your throat, these are gonna be symptoms of GERD apparently.

Dr Gupta: And for more information, talk to your doctor or log on to the National Institute of Health's website at www.nih.gov, do a search for GERD.

CNN.

Lexical helpline:

1. **spit (v):** eject saliva or other matter
2. **the key:** the important aspect
3. **back up (v):** reflux
4. **the foodpipe:** the esophagus
5. **the lining:** the interior covering
6. **the breastbone:** the sternum
7. **cough:** expectorate
8. **lay down (v):** lie in a horizontal position
9. **hoarseness:** a harsh grating voice
10. **swallow (v):** take in liquid or food through the mouth

Translation:

1. Le reflux gastro-œsophagien est un phénomène qui apparaît souvent après les repas. Il est souvent caractérisé par des régurgitations acides, des brûlures rétrosternales et parfois une toux chronique. La paroi de l'œsophage est également irritée par le reflux acide.
2. Je n'ai pas de brûlures gastriques, mais la voix enrouée tous les matins et des difficultés à avaler.
3. Les aliments gras, le surpoids et la cigarette sont quelques uns des facteurs aggravants le reflux gastro-œsophagien.
4. L'élément important pour comprendre le mécanisme du reflux gastro-œsophagien est la relaxation du sphincter œsophagien qui permet les remontées acides.

1. Gastro esophageal reflux disease is a phenomenon that often appears after eating. It is often characterized by acid regurgitations, a burning sensation behind the breastbone/sternum / a retrosternal burning sensation, and sometimes a chronic cough. The lining of the esophagus is also irritated by the acid reflux.
2. I haven't got any heartburn but hoarseness every morning and difficulty swallowing.
3. Fatty foods, overweight and smoking are some of the aggravating factors of GERD.
4. The key to understand the mechanism of GERD is the relaxation of the esophageal valve that enables acid back-ups/refluxes.