

Soundbite Script – Is it GERD or something more serious?

BreAnne Gendron, nurse practitioner, OSF HealthCare

"GERD probably feels a little bit different for everybody, but it definitely helps [to understand patients' experience] when you have personal experience with it. Sometimes people with GERD have a flare-up and their stomach hurts, but they don't get that acid-up-the-throat feeling. It just causes stomach discomfort. Sometimes it changes bowel movements. Everybody has a slightly different version of it." (:22)

BreAnne Gendron, nurse practitioner, OSF HealthCare

"If it's the first time you're having chest pain, we can't just guess, 'Oh, that's probably acid reflux. You have to go in and be seen to rule out a cardiac reason, because that's what we do in health care. We rule out the scary stuff, so we can treat the treatable stuff.'" (:16)

BreAnne Gendron, nurse practitioner, OSF HealthCare

"I would say any time you have activity where you're carrying in the groceries or you're going up a couple flights of stairs and that pain happens, that's not a GERD symptom. That's a cardiac symptom, and your doctor can help you figure that out. It's worth a conversation if you're having reflux feelings that are different than normal." (:22)

BreAnne Gendron, nurse practitioner, OSF HealthCare

"Some foods will bother people. I hear people complain to me a lot about things with tomato sauce, so pizza and spaghetti and things like that bother people with acid reflux. So, you can augment your diet. You can cut back on coffee. You can cut back on your nicotine." (:15)

BreAnne Gendron, nurse practitioner, OSF HealthCare

"I personally had to give up coffee because of this problem. I know if I don't drink coffee, that my whole digestive tract is happier. So, people will figure out which foods bother them, and then you have to avoid those." (:13)