



## Acid Reflux (GERD) Risk Assessment

### DO YOU HAVE ACID REFLUX? ② YES ① OCCASIONALLY ① NO

- Do you smoke?
- Are you more than 10% above your ideal body weight?
- Do you get frequent heartburn or chest pains (especially after eating)?
- Do you have difficulty breathing or swallowing?
- Do you feel as if there is a constant lump in your throat?
- Do you experience regurgitation?
- Do you suffer from a chronic cough?
- Do you experience post-nasal drip or excess throat mucus?
- Do you suffer from indigestion, burping, nausea after eating, or stomach bloating?
- Do you experience frequent choking episodes?
- Do you feel hoarseness in your throat primarily in the morning?
- +  Does it seem you are prone to cavities or acid erosion of your enamel?
- =  **TOTAL POINTS**

### SCORE TOTAL POINTS:

1-3 Unlikely to have Acid Reflux:

**Learn more about prevention**

4-6 Low suspicion of Acid Reflux:

**Seek consult**

7-10 Moderate suspicion of Acid Reflux:

**Seek consult**

11 + High suspicion of Acid Reflux:

**Get immediate attention**

### DID YOU KNOW THAT:

- 33% of people in the United States suffer from acid reflux
- Acid reflux is linked to asthma, voice disorders, and Barrett's Esophagus which increases your risk of esophageal cancer
- Acid reflux significantly interrupts your ability to sleep soundly through the night
- Acid reflux can affect people of any age, from babies to adults