



Coping with Chronic Heartburn: What You Need to Know About Acid Reflux and GERD

Elaine Fantle Shimberg

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An estimated 10 percent of the U.S. population suffers from Chronic Heartburn, also known as Acid Reflux or GERD. Many people simply dismiss this condition--the symptoms of which can include sleeplessness, chronic sore throat, heartburn, hoarseness, and dental problems--as something to learn to live with. Recent studies, however, have shown that GERD can have serious effects such as an increased risk for esophagitis, ulcers of the throat, and even cancer of the esophagus, catapulting this condition into the media spotlight.

One of the first books to demystify this condition for the lay reader, *Coping with chronic Heartburn* offers help, relief, and advice to sufferers of GERD, including:

- *When to consult a doctor
- *Which tests you may have to undergo
- *Effective self-care treatments such as dietary change and over the counter medications
- *Promising alternative and herbal treatments
- *Details on the latest prevention and treatment developments, including a new surgical procedure with a 96% success rate.

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Wendell Nadeau:

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