GERD AWARENESS WEEK

# Symptom Checklist & Care Guide

Track your symptoms and know when to seek medical evaluation for acid reflux.

**Patient Name:** _____ **Date:** _____ **Age:** _____

## 1. COMMON GERD SYMPTOMS TRACKER

| Symptom Description | Never / Mild | 2–3 Days / Wk | Daily / Severe |
|---|---|---|---|
| **Heartburn** (burning sensation behind breastbone) | ☐ | ☐ | ☐ |
| **Regurgitation** (acid/bitter fluid back into mouth) | ☐ | ☐ | ☐ |
| **Upper Abdominal Pain / Discomfort** | ☐ | ☐ | ☐ |
| **Chest Pain** (non-cardiac origin, after eating) | ☐ | ☐ | ☐ |

## 2. SILENT GERD & THROAT SYMPTOMS

| Symptom Description | Never / Mild | 2–3 Days / Wk | Daily / Severe |
|---|---|---|---|
| **Difficulty Swallowing** (dysphagia) or food sticking | ☐ | ☐ | ☐ |
| **Chronic Cough** or frequent throat clearing | ☐ | ☐ | ☐ |
| **Hoarseness / Morning Sore Throat** | ☐ | ☐ | ☐ |
| **Globus Sensation** (feeling of a lump in throat) | ☐ | ☐ | ☐ |

### ⚠ Warning Signs – Contact a Doctor Immediately

Seek prompt medical evaluation if you experience: Dysphagia (difficulty or pain when swallowing / feeling like food is stuck), unexplained weight loss, vomiting blood or dark material, or black, tarry stools. *Note: Chest pain should always be evaluated promptly by a medical professional to rule out cardiac conditions.*

### When to Consult a Physician

- You experience heartburn or acid reflux **more than twice a week**.
- Your symptoms persist or worsen despite taking over-the-counter antacids.
- You have relied on over-the-counter heartburn medications for **longer than 2 weeks**.
- Your symptoms interrupt your regular sleep or interfere with daily activities.