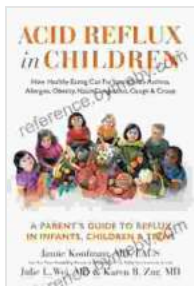


# Acid Reflux in Children: A Parent's Guide to Diagnosis and Treatment

Acid reflux, also known as gastroesophageal reflux disease (GERD), is a condition that occurs when stomach acid backs up into the esophagus. The esophagus is the muscular tube that connects the mouth to the stomach. When stomach acid backs up into the esophagus, it can cause a burning sensation, pain, and other symptoms.

Acid reflux is a common problem in children. It is estimated that up to 10% of children experience acid reflux on a regular basis. Acid reflux can be a nuisance, but it can also lead to more serious problems, such as esophagitis, ulcers, and even esophageal cancer.

There are a number of factors that can contribute to acid reflux in children, including:



## Acid Reflux in Children: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup by Aimee E. Raupp

★★★★☆ 4.7 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Print length : 308 pages



- **Delayed gastric emptying:** Gastric emptying is the process by which the stomach empties its contents into the small intestine. When gastric emptying is delayed, stomach acid can back up into the esophagus.
- **Weak lower esophageal sphincter:** The lower esophageal sphincter (LES) is a muscle that acts as a valve between the stomach and the esophagus. When the LES is weak, it can allow stomach acid to back up into the esophagus.
- **Hiatal hernia:** A hiatal hernia occurs when part of the stomach pushes through an opening in the diaphragm. This can weaken the LES and allow stomach acid to back up into the esophagus.
- **Certain foods:** Some foods can trigger acid reflux in children, including fatty foods, acidic foods, and spicy foods.
- **Certain medications:** Some medications can also trigger acid reflux in children, including aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs).

The symptoms of acid reflux in children can vary depending on the severity of the condition. Some of the most common symptoms include:

- **Heartburn:** Heartburn is a burning sensation in the chest that occurs after eating or lying down.
- **Regurgitation:** Regurgitation is the spitting up of stomach contents into the mouth.
- **Vomiting:** Vomiting is the forceful expulsion of stomach contents through the mouth.

- **Esophagitis:** Esophagitis is an inflammation of the esophagus that can be caused by acid reflux.
- **Ulcers:** Ulcers are sores that can develop in the esophagus, stomach, or duodenum (the first part of the small intestine).
- **Esophageal cancer:** Esophageal cancer is a type of cancer that can develop in the esophagus.

Acid reflux in children can be diagnosed based on the child's symptoms and a physical examination. The doctor may also Free Download one or more of the following tests:

- **Upper endoscopy:** An upper endoscopy is a procedure in which a thin, flexible tube with a camera on the end is inserted into the esophagus to visualize the lining of the esophagus.
- **Esophageal pH monitoring:** Esophageal pH monitoring is a procedure in which a small probe is placed in the esophagus to measure the pH level of the esophagus.
- **Barium swallow:** A barium swallow is an X-ray test in which the child swallows a liquid that contains barium. The barium coats the lining of the esophagus and stomach, making it possible to see any abnormalities.

The treatment for acid reflux in children will depend on the severity of the condition. Some of the most common treatments include:

- **Lifestyle changes:** Lifestyle changes that can help to reduce acid reflux in children include eating smaller meals, avoiding fatty foods, acidic foods, and spicy foods, and avoiding lying down after eating.

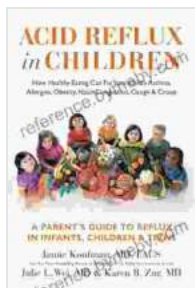
- **Medications:** Medications that can help to reduce acid reflux in children include proton pump inhibitors (PPIs), H<sub>2</sub> blockers, and antacids.
- **Surgery:** Surgery is rarely necessary to treat acid reflux in children. However, surgery may be an option for children who do not respond to other treatments.

The prognosis for acid reflux in children is generally good. Most children will outgrow acid reflux by the time they reach adolescence. However, some children will continue to experience acid reflux into adulthood.

There are a number of things that you can do to help your child manage acid reflux, including:

- **Encourage your child to eat smaller meals.** Eating smaller meals can help to reduce the amount of stomach acid that is produced.
- **Help your child to avoid fatty foods, acidic foods, and spicy foods.** These foods can trigger acid reflux in children.
- **Encourage your child to avoid lying down after eating.** Lying down can put pressure on the stomach and cause stomach acid to back up into the esophagus.
- **Talk to your child's doctor about medications.** Medications can help to reduce acid reflux in children.
- **Consider surgery.** Surgery is rarely necessary to treat acid reflux in children. However, surgery may be an option for children who do not respond to other treatments.

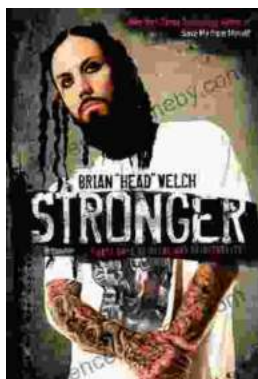
If your child is experiencing symptoms of acid reflux, it is important to see a doctor. Acid reflux can be a nuisance, but it can also lead to more serious problems. There are a number of things that you can do to help your child manage acid reflux and improve their quality of life.



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