

# Role play Acid Reflux

## Doctor

A patient comes to see you complaining of heartburn and acid indigestion. You ask what they do to deal with the problem. Find out how often this happens....if it is consistently more than 2X a week, it could be GERD (Gastroesophageal Reflux Disease). This is a problem in the esophagus where it doesn't close properly and stomach acids come back up. Can lead to bleeding and ulcers, can make swallowing difficult, and can lead to esophageal cancer. Treatment:

- Use antacids
- Stop smoking
- Lose weight
- Eat small frequent meals
- Don't lie down until 3 hours after meals

If the condition continues, will refer to a specialist to consider surgery as an option

## Acid Reflux

### Patient

You go to see your doctor because you have been having terrible heartburn after eating. You used to get it every once in awhile, especially if you ate spicy foods, but in the last month it is happening at least 3 times a week. You have been using Tums but now they don't seem to be helping. You are frustrated that you can't enjoy eating and worried about what is wrong with you.

## Acid Reflux

### Interpreter

A Deaf patient is going to their doctor to talk about problems with heartburn, which is happening more and more often.

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