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Gastroesophageal reflux disease, or GERD, is a digestive disorder that affects the ring of muscle between your esophagus and your stomach. This ring is called the lower esophageal sphincter (LES). If you have it, you may get heartburn or acid indigestion. GERD Causes. The term "gastroesophageal" refers to the stomach and esophagus. Reflux means to flow back or return. Gastroesophageal reflux is when what’s in your stomach backs up into your esophagus. Gastroesophageal Reflux Disease (GERD) - an easy to understand guide covering causes, diagnosis, symptoms, treatment and prevention plus additional in depth medical information. Gastroesophageal Reflux Disease (GERD). Medically reviewed by Drugs.com. Last updated on April 7, 2020.

Gastroesophageal reflux disease (GERD) is a common condition in which the gastric contents move up into the esophagus. Reflux becomes a disease when it causes frequent or severe symptoms or injury. Reflux may damage the esophagus, pharynx or respiratory tract. Symptoms of GERD. The main symptom of GERD is heartburn, often described as a fiery feeling in one’s chest, and regurgitating sour or bitter liquid to the throat or mouth.