**“GERD”; Do Lifestyle Factors Affect Frequency of Its Symptoms?**

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## ABSTRACT

**OBJECTIVE:** To assess the different lifestyle factors affecting Gastro Esophageal Reflux Disease symptoms.

**STUDY PLACE AND DURATION:** Department of Medicine POF Hospital Wah Cantt from 3rd January 2016 to 2nd August 2016

**STUDY DESIGN:** Observational cross-sectional study

**METHODOLOGY:** Data was collected by using a structured questionnaire about symptoms, lifestyle and its effect on symptoms. Demographical variables including age and gender, other variables like smoking, use of citrus fruits and juices, use of carbonated drinks, used of tea and coffee, chocolate, spicy foods, fatty foods, habit of exercise, sleep after meals, regular breakfast intake, sleep posture and any depression.

**RESULTS:** Overall 150 Gastro Esophageal Reflux Disease patients were studied. There was association between effects on symptoms with smoking status (p=0.034), occupation (p=0.000) fatty food (p=0.006) sleep after meal (p=0.041), proper sleep (p=0.001), use of pillow (p=0.000), different complaints (heart burn, indigestion, blenching and others) (p=0.000) and severity of symptoms (p=0.000).

**CONCLUSION:**  Some eating habits and lifestyle factors are strongly associated with the frequency of gastro esophageal reflux disease and its symptoms. Therefore some lifestyle modifications can prove helpful in reducing the frequency of symptoms.

**KEYWORDS:** Gastro Esophageal Reflux Disease, Lifestyle, Symptoms, Smoking, Indigestion, Carbonated Drinks, Exercise, Blenching, Sleep

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