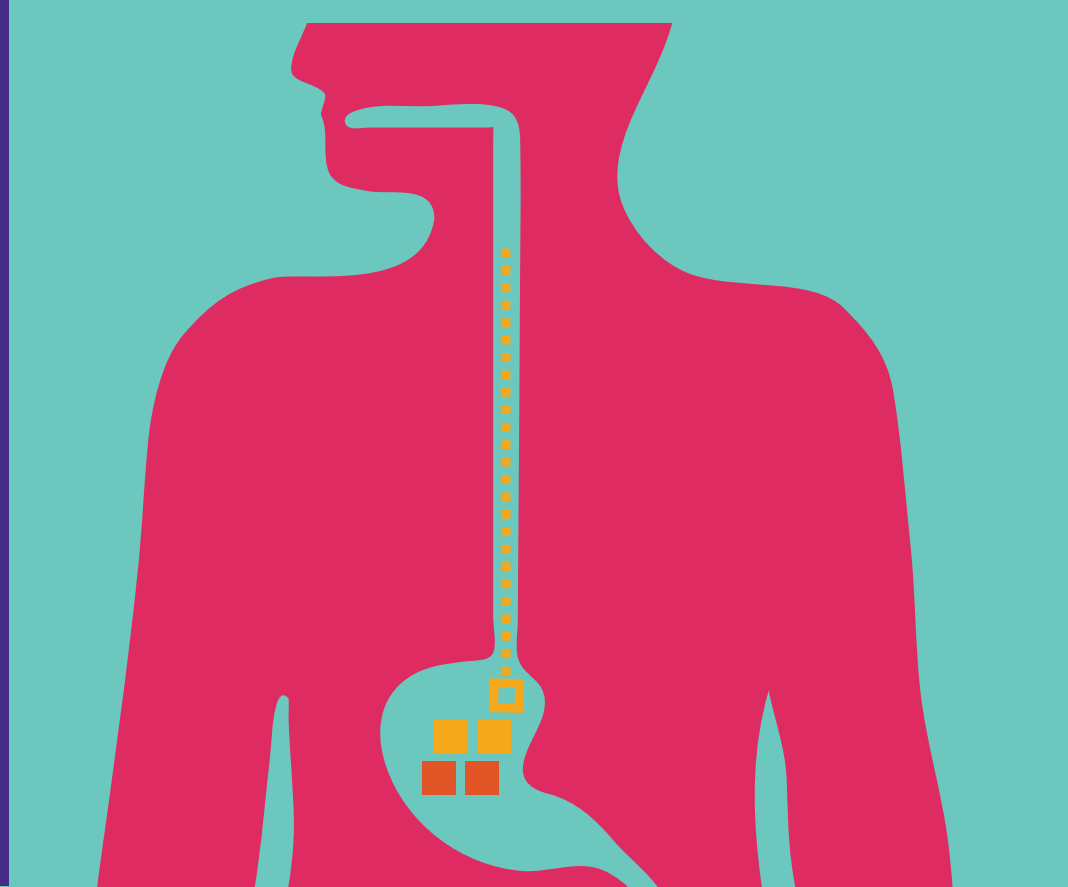


# GOT GERD?

FREQUENT HEARTBURN MAY MEAN YOU HAVE **GASTROESOPHAGEAL REFLUX DISEASE (GERD)**... WHICH CAN LEAD TO SERIOUS HEALTH RISKS.



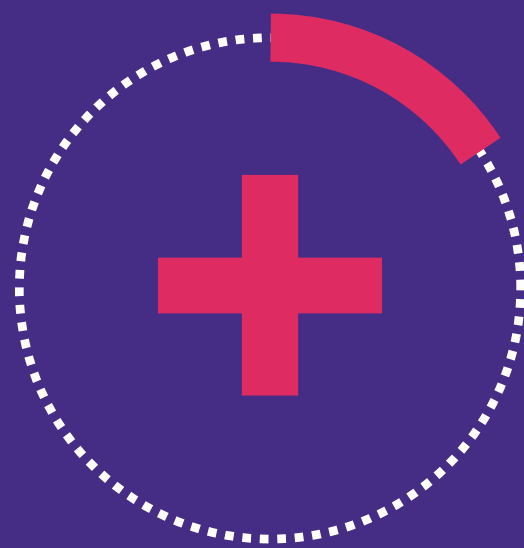
## 1 in 6

adult Canadians are impacted by GERD<sup>1,2</sup>

SYMPTOMS MAY INCLUDE:

- Heartburn
- Regurgitation
- Chest Pain
- Sleep Apnea
- Chronic Cough
- Belching

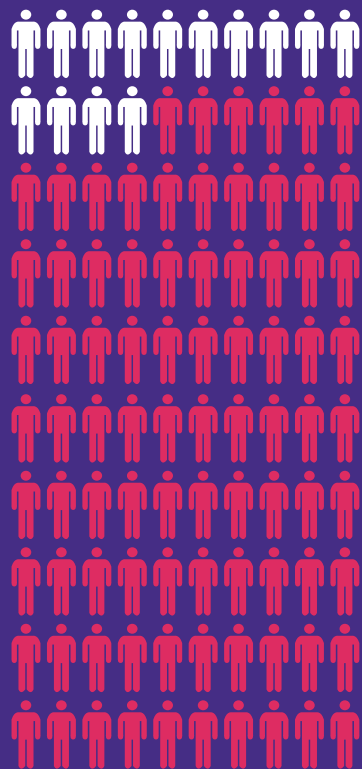
Up to **15%** of adult Canadians with GERD may develop Barrett's Esophagus<sup>3</sup>



**BARRETT'S ESOPHAGUS** IS THE PRIMARY RISK FACTOR FOR **ESOPHAGEAL CANCER**<sup>4-11</sup>

## 14%

of people with esophageal cancer will live more than 5 years after diagnosis<sup>12</sup>

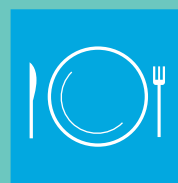


## COOL THE BURN



### Eat Sooner, Not Later

A heavy evening meal can make heartburn worse come bedtime.



### Avoid Trigger Foods

Find replacements for the food that triggers your heartburn.



**Ask if GERD is causing your heartburn and other symptoms.**

Make an appointment to see your family doctor.

To learn more, visit: [medtronic.ca/LearnAboutGERD](https://www.medtronic.ca/LearnAboutGERD)

1. Fedorak et al. Canadian Digestive Health Foundation Public Impact Series: Gastroesophageal reflux disease in Canada: Incidence, prevalence, and direct and indirect economic impact. Can J Gastroenterol 2010; 24(7):431-434 2. Vakil et al. The Montreal Definition and Classification of Gastroesophageal Reflux Disease: A Global Evidence-Based Consensus. Am J Gastroenterol 2006; 101:1900-1920 3. American Society for Gastrointestinal Endoscopy. <https://www.asge.org/home/for-patients/patient-information/understanding-gerd-barrett-39-s> 4. Vaezi M, Zehrai A, Yuksel E. Testing for refractory gastroesophageal reflux disease. ASGE Leading Edge 2012; Vol 2, No 2, 1-13. American Society Gastroenterology Endoscopy, Page 1-2 5. Gilbert EW et al. Barrett's esophagus: a review of the literature. J Gastrointest Surg 2011; 15:708-14 6. Pohl H, Welch G et al. The role of over diagnosis and reclassification in the marked increase of esophageal adenocarcinoma incidence. J Natl Cancer Inst 2005; 97:142-6 7. SEER Cancer Statistics Factsheets: Esophageal Cancer. National Cancer Institute. Bethesda, MD. <http://seer.cancer.gov/statfacts/html/esophht.html> 8. Dymedex Market Development Consulting. Strategic Market Assessment: Barrx - GI, October 30, 2014 9. De Jonge PJ, et al. Risk of malignant progression in patients with Barrett's oesophagus: a Dutch nationwide cohort study. Gut. 2010;59:1030-1036 10. Pohl H, Welch G, et al. The role of over diagnosis and reclassification in the marked increase of esophageal adenocarcinoma incidence. J Natl Cancer Inst. 2005;97:142-6 11. Hvid-Jensen F, et al. Incidence of adenocarcinoma among patients with Barrett's esophagus. N Engl J Med. 2011;365:1375-83 12. Canadian Cancer Society, Canadian Cancer Statistics 2017, Special topic: Pancreatic cancer