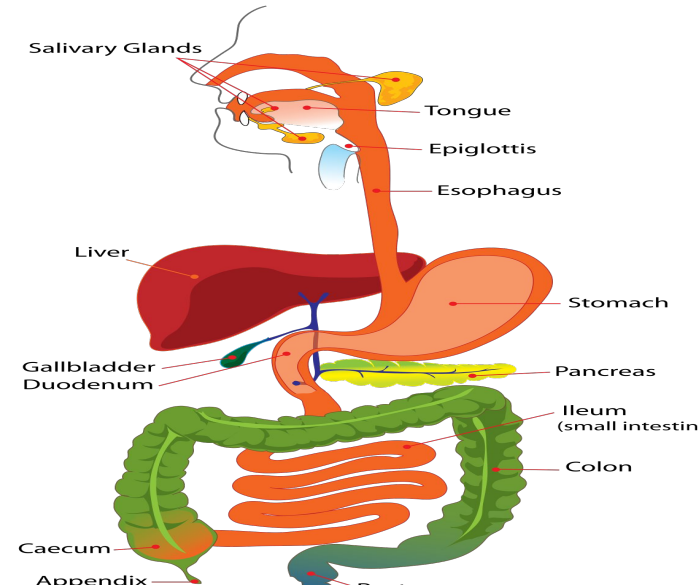


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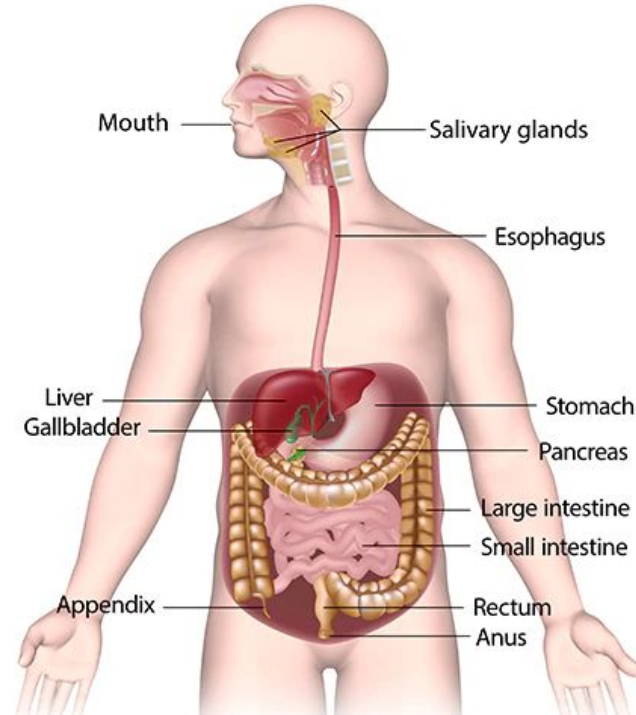
The digestive system is made up of the gastrointestinal tract—also called the GI tract or digestive tract—and the liver, pancreas, and gallbladder. The GI tract is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. The hollow organs that make up the GI tract are the mouth, esophagus, stomach, small intestine, large intestine, and anus. The liver, pancreas, and gallbladder are the solid organs of the digestive system.

Structure and Function

Digestion is important because your body needs nutrients from food and drink to work properly and stay healthy. Proteins, fats, carbohydrates, vitamins, minerals , and water are nutrients. Your digestive system breaks nutrients into parts small enough for your body to absorb and use for energy, growth, and cell repair.

- Proteins break into amino acids
- Fats break into fatty acids and glycerol
- Carbohydrates break into simple sugars

The Digestive System



Gastroesophageal reflux disease (GERD)

Illness to digestive system

While some digestive illnesses and ailments are acute and only last a short while, others are chronic and endure for a long time.



PPIs: PPIs are the most effective medical therapy to treat GERD . PPIs work by blocking the mechanism that produces stomach acid. This lowers the acidity of the digestive fluids involved in reflux, and thus reduces reflux symptoms.

How do you treat GERD permanently?

1. Maintain a healthy weight
2. Stop smoking
3. Elevate the head of your bed
4. Don't lie down after a meal
5. Eat food slowly and chew thoroughly
6. Avoid foods and drinks that trigger reflux
7. Avoid tight-fitting clothing

Caring for someone with digestive system illness

Gastroesophageal reflux disease (GERD)

GERD treatment aims to cut down on the amount of reflux or lessen damage to the lining of the esophagus from refluxed materials. Your doctor may recommend over-the-counter or prescription medications to treat your symptoms. Antacids: These drugs can help neutralize acid in the esophagus and stomach and stop heartburn.

Antacids. Doctors may recommend antacids to relieve mild heartburn and other mild GER and GERD symptoms.

H2 blockers

Proton pump inhibitors (PPIs).

Other medicines.

Fundoplication.

Bariatric surgery.

Endoscopy

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