

Acid Reflux Causes

They say you are what you eat. In the case of acid reflux that's very true; however, there are other acid reflux causes that it's important to consider. Acid reflux is a harmful chronic disease that is caused by a number of different factors.

People who suffer from acid reflux are actually feeling the discomfort caused when the caustic fluids of the stomach back up. This characteristic of acid reflux is the result of improper functioning of the lower esophageal sphincter, or LES muscle.

These muscles, found at the base of the esophagus, provide a method of opening and closing the passageway into the stomach. When the LES muscles are weakened, they can become unable to fully close. As a result, the acid from the stomach finds its way up into the esophagus.

Some people suffer acid reflux as a result of an abnormality of the esophagus. Several different parts of the esophagus may be malformed, but the two most common abnormalities leading to acid reflux are 'peristalsis', and a condition known as 'adult-ringed esophagus'. In an adult-ringed esophagus, small rings are formed in the throat, causing the inability to swallow properly. Improper functioning of the stomach is another reason that people develop acid reflux. Over fifty percent of all sufferers have impaired stomach muscles that do not respond well to stimuli. These weak stomach muscles can mean that the stomach will retain its contents for an extended period of time, often leading to a backup of acids in the esophagus.

Hiatal hernias are another reason that one may develop acid reflux. The hiatus is a hole located in the diaphragm that helps to secure the passageway between the esophagus and the stomach. The hiatus is usually tight and keeps the organs separate. When the hiatus becomes weakened, it can loosen up and cause the small part of the stomach to actually protrude through the hole. If this happens, a hiatal hernia is said to have occurred. While hiatal hernias are not fully responsible for acid reflux, they may lead to a lack of functioning in the LES muscle, which leads to acid reflux.

When diagnosing acid reflux causes, doctors must consider other underlying conditions such as asthma and diabetes. At least half of all asthma sufferers are known to experience acid reflux, however it's not clear which disease causes the other. People with diabetes must be wary of their eating habits, as many diabetics suffer from gastroparesis. This condition can cause a delay in the emptying of the stomach, creating a backup in the stomach and consequently an acid buildup in the esophagus.

Certain drugs may also play a role in the development of acid reflux. NSAID (non-steroidal anti-inflammatory drugs) may cause acid reflux to develop, or can worsen the condition in those who already have it. These drugs are quite common, and sold over the counter. Some of the most recognized brands of NSAIDs include Advil, Aleve, Motrin and Nuprin. A recent research study showed that people who regularly used these medications were up to two times as likely to experience some acid reflux symptoms.

When it comes to acid reflux causes, diet is only partly to blame. There are many other factors that can contribute to this uncomfortable condition. If you suffer from acid reflux or persistent indigestion, see your health care provider for a complete check up.