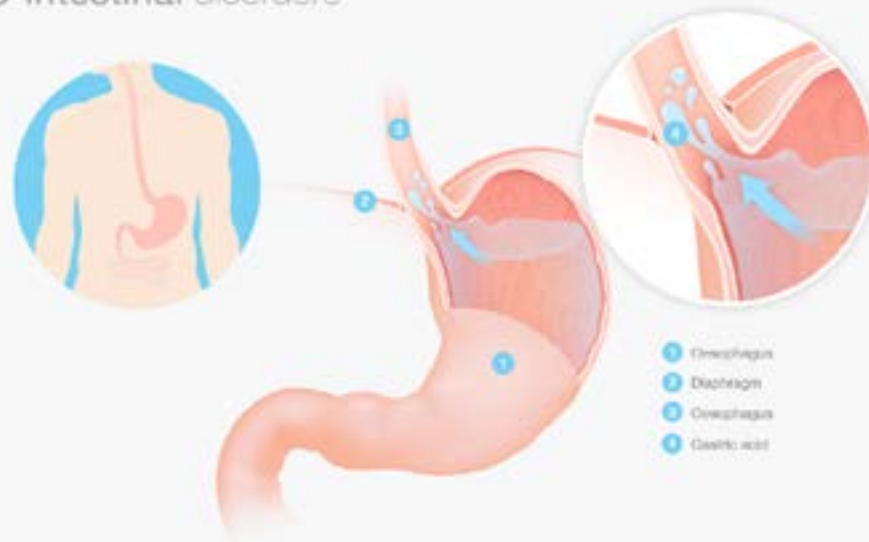


## Gastro-intestinal disorders



The gastroesophageal reflux disease (GERD) affects 20 to 30% of the population, a number in constant evolution. Stomach burns, acid reflux, bitter taste in the mouth, sleep disorders... The discomfort can be important. The gastroesophageal reflux disease is characterised by the passing of acid reflux in the esophagus after meals. It corresponds to a failure of the anti-reflux system that mainly includes the abdominal segment and the inferior sphincter of the oesophagus.

The oesophagus does not have any protection (unlike the stomach that is covered by a mucous that protects the acid effects) therefore the acid reflux that rises from the stomach creates burns and inflammations.

The medical studies show that eating slowly enables to reduce significantly the number of reflux among the people concerned.

## Eating rate and GERD



Subjects with 'irregular meal pattern' had higher odds of GERD compared with subjects with 'regular meal pattern'.		4763 adults
2013	Neurogastroenterology and Motility (The Official Journal of European Neurogastrointestinal Motility Society Oct;25(10):831-e638.	Esmailzadeh A, Adibi P.

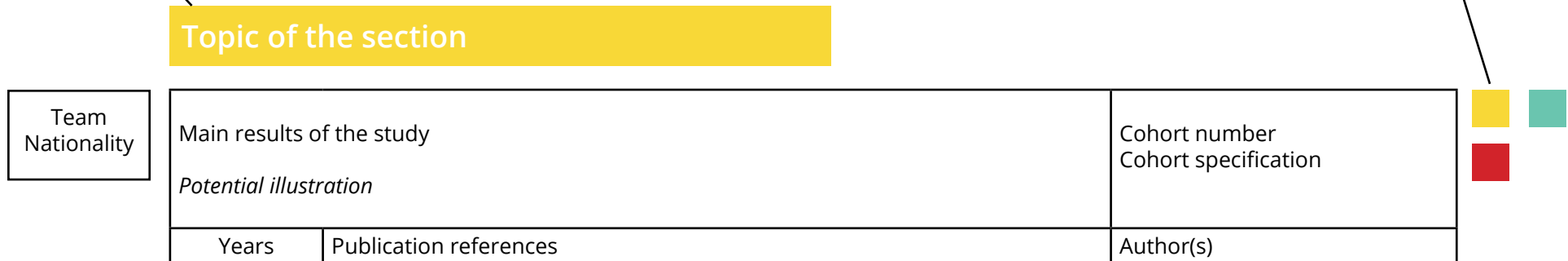


Intake of a standard meal within 5 min was associated with more reflux episodes than an intake within 30 min  Since rapid food intake produces more GERD in healthy volunteers, studies in GERD patients are warranted to evaluate if eating slowly may represent another life-style modification aimed at reducing GER.		20 healthy volunteers
2004	American Journal of Gastroenterology Sep;99(9):1645-51.	Wildi SM, Tutuian R, Castell DO.

# Presentation of the studies

Color of the section

Color of the related topic the study treats



## Color by section :

- |   |                 |  |              |   |                   |
|---|-----------------|--|--------------|---|-------------------|
|    | Satiety         |    | Diabetes     |    | Portion Size      |
|   | Food Intake     |   | GERD         |   | Mindful eating    |
|  | Obesity         |  | Food quality |  | Gastric surgery   |
|  | Metabolic Risks |  | Chewing      |  | Scientific Method |