

TALKING WITH YOUR DOCTOR

If you get persistent heartburn two or more days a week, despite treatment and diet changes, you could have acid reflux disease (ARD). Talk to your doctor or healthcare professional about your symptoms and the best way to treat them.

Questions to get you started

To help get you started, here are some useful questions about your symptoms.

1. I have heartburn or acid reflux symptoms ___ days a week.
 2. I have been experiencing these symptoms for:
 - ___ Less than 6 months
 - ___ 6 months–1 year
 - ___ 1–3 years
 - ___ 3+ years
 3. I would describe my symptoms as:
 - ___ Mild
 - ___ Moderate
 - ___ Severe
 4. I usually have heartburn:
 - ___ During the day
 - ___ After eating spicy foods
 - ___ At night
 - ___ All of the above
 5. I experience nighttime heartburn:
 - ___ 1 night or less per week
 - ___ 2–3 nights per week
 - ___ 4+ nights per week
 6. I currently treat my heartburn with:
 - ___ Antacids or over-the-counter (OTC) medication
 - ___ Prescription medication, such as a proton pump inhibitor (PPI)
 - ___ Prescription medication plus OTC medication at night
 - ___ Prescription medication that I take more than once a day
 - ___ I am not treating my condition
 7. I treat my heartburn with a prescription and still experience symptoms:
 - ___ 1 day or less per week
 - ___ 2–3 days per week
 - ___ 4–5 days per week
 - ___ 6–7 days per week
 - ___ Never
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