MOUNT GENERAL MEMORIAL HOSPITAL
MINNEAPOLIS

Name: _____ mm-dd-yyyy

YOUR SYMPTOM ASSESSMENT

See a Doctor for Evaluation

SYMPTOMS & RISK FACTORS

5 Symptoms Reported

2 Risk Factors Reported

Based on the frequency of your symptoms, you should be evaluated by a health care professional for acid reflux disease.

• Acid reflux disease is a common medical condition that can only be diagnosed by a health care professional.

• Consider trying more of the healthy habits listed on page two of this report. Avoiding smoke and reaching a healthy weight may also help reduce or prevent symptoms.

Common Symptoms of Acid Reflux Disease

The symptoms listed in the table to the right are some of the most common symptoms of acid reflux disease. However, this list does not include all possible symptoms.

If you're worried about whether you have acid reflux disease, or if you have other symptoms that are bothering you, talk with a health care professional about what's going on.

Number of Days Per Week You Experience Symptoms:	
Burning feeling behind the breastbone	*4 to 7 Days*
Stomach contents moving up to the throat or mouth	*4 to 7 Days*
Pain in the middle of the upper stomach area	*2 or 3 Days*
Nausea	*0 Days*
Trouble getting a good night's sleep because of symptoms	*1 Day*
Need for over-the-counter medicine for symptoms	*2 or 3 Days*
Total Symptoms Reported:	**5**

What is Acid Reflux Disease?

Acid reflux disease—also known as gastroesophageal reflux disease, or GERD—is a condition where stomach acid or contents flow back into the food pipe (esophagus) and cause irritation of the lining. It is commonly referred to as "heartburn," although heartburn is just one of many possible symptoms of this condition. It is estimated that anywhere from 6% to 30% of people in North America experience GERD symptoms in their lifetime.

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Risk Factors & Healthy Habits

Risk Factors for Acid Reflux Disease

A risk factor is something that makes one's chances of developing acid reflux disease higher. If someone is diagnosed with acid reflux disease, a risk factor is something that may have contributed to them developing the condition.

The table to the right shows the most common risk factors for acid reflux disease.

2 Risk Factors Reported

Risk Factors You Reported	
Increased weight	*Yes*
Diabetes	*No*
Current smoker	*Yes*

Healthy Habits to Reduce Symptoms

Healthy habits are things people can do to improve or prevent acid reflux symptoms.

The table to the right shows some of the most common healthy habits people use to control their symptoms. If you answered "no" to any of these, consider adding them to your lifestyle to help improve or reduce symptoms.

5 Healthy Habits Reported

Healthy Habits You Reported	
Avoid food and drink that trigger symptoms	*Yes*
Drink less than 7 alcoholic drinks per week	*Yes*
Take OTC pain relievers only as directed by a doctor	*Yes*
Wear loose clothing around the stomach	*No*
Eat smaller meals throughout the day	*Yes*
Avoid eating 3 hours before laying down	*Yes*
Keep head elevated during sleep	*No*

About This Assessment

This acid reflux assessment uses the GerdQ scale to help individuals learn if they should get additional screening for acid reflux disease. It also helps people with a diagnosis of acid reflux disease/GERD understand if they should be seen by a health care professional for worsening of their symptoms.

The GerdQ is a validated questionnaire endorsed by the American Academy of Family Physicians for the diagnosis and management of gastroesophageal reflux disease. This online assessment is not intended to be used as a diagnostic tool or as a replacement for evaluation by a health care professional.

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Less Common but Related Issues

Be Mindful of Chronic Symptoms

Although acid reflux disease has common symptoms — such as heartburn and regurgitation — there are other, less common symptoms that may be related to the condition.

The issues listed here can be related to (or even caused by) acid reflux disease. This is true even if the more typical symptoms are not present.

Regardless of whether someone has acid reflux disease, if the symptoms listed in the table to the right are present, a doctor should evaluate those symptoms to rule out or diagnose any other serious issues.

2 Related Issues Reported

Related Issues You Reported	
Chronic cough	*Yes*
Chronic hoarseness	*No*
Chronic laryngitis	*Yes*
Chronic sore throat	*No*
Total Related Issues Reported:	**2**

To find a primary care doctor, call 1-800-555-5555 and we'll help find a doctor to fit your needs. For more information about our health services, call 1-877-555-0000 or visit www.mtgeneralmemorial.org/services.

Mt. General Memorial Clinic
5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS
Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center
982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital
4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital
890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital
524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

YOUR SYMPTOM ASSESSMENT

symptomAssessment

diagnosed_symptomatic

See a Doctor About Symptom Control

undiagnosed_increasedRisk

See a Doctor for Evaluation

undiagnosed_symptomatic

Ask a Doctor About Your Symptoms

diagnosed_asymptomatic

Symptoms Well-Controlled

undiagnosed_asymptomatic

Acid Reflux Disease Not Likely

SYMPTOMS

symptomCount

 # Symptom(s) Reported

No Symptoms Reported

if symptomCount >=1, then display sum of symptomCount (#); else, display: "No Symptoms Reported"

RISK FACTORS

riskFactorCount

 # Risk Factor(s) Reported

No Risk Factors Reported

if riskFactorCount >=1, then display sum of riskFactorCount (#); else, display: "No Risk Factors Reported"

Primary Message, Bullet 1, Bullet 2

See LUCIDCHART -->
https://www.lucidchart.com/documents/edit/e3a34bee-9e5a-4a15-b07a-4a8455817bb6/0

Number of Days Per Week You Experience Symptoms		
Burning feeling behind the breastbone	*Text*	burning
Stomach contents moving up to the throat or mouth	*Text*	regurgitation
Pain in the middle of the upper stomach area	*Text*	pain
Nausea	*Text*	nausea
Trouble getting a good night's sleep because of symptoms	*Text*	sleep
Need for over-the-counter medicine for symptoms	*Text*	otc
Total Symptoms Reported:	#	display sum of 'symptomCount'

4 to 7 Days = 'four_seven'
2 or 3 Days = 'two_three'
1 Day = 'one'
0 Days = 'zero'

 # Risk Factor(s) Reported

No Risk Factors Reported

if riskFactorCount >=1, then display sum of riskFactorCount (#);
else, display: No Risk Factors Reported

Risk Factors You Reported		
Increased weight	*Text*	if bmi >= 30, then 'yes'; else, no
Diabetes	*Text*	if diabetes = type1 OR type2, then 'yes'; else, no
Current smoker	*Text*	if smoker = current, then 'yes'; else, no

Yes

No

See Data Dictionary

 # Healthy Habit(s) Reported

if habitCount >=1, then display sum of habitCount (#);
else, display: No Healthy Habits Reported

No Healthy Habits Reported

Lifestyle Habits You Reported		
Avoid food and drink that trigger symptoms	*Text*	dietHabits_triggers
Drink less than 7 alcoholic drinks per week	*Text*	dietHabits_alcohol
Take OTC pain relievers only as directed by a doctor	*Text*	lifestyleHabits_nsaids
Wear loose clothing around the stomach	*Text*	lifestyleHabits_clothing
Eat smaller meals throughout the day	*Text*	dietHabits_mealSize
Avoid eating 3 hours before laying down	*Text*	dietHabits_bedtimeEating
Keep head elevated during sleep	*Text*	lifestyleHabits_elevatedSleep

Yes = '1'

No = '0'

 # Related Issue(s) Reported

No Related Issues Reported

if relatedSxCount >=1, then display sum of relatedSxCount (#);
else, display: No Related Issues Reported

Related Issues You Reported		
Chronic cough	*Yes*	symptomsChronic_cough
Chronic hoarseness	*No*	symptomsChronic_hoarseness
Chronic laryngitis	*Yes*	symptomsChronic_laryngitis
Chronic sore throat	*No*	symptomsChronic_soreThroat
Total Related Issues Reported:	**2**	display sum of 'relatedSxCount'

Yes = '1'

No = '0'