Some Common Acid Reflux Symptoms in Women by Lexordaren

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Nowadays, countless women around the globe are experiencing acid reflux. Although this health issue affects men and women, acid reflux symptoms in women are more annoying particularly to pregnant females. This is the reason why a woman needs to be familiar with these indications to seek proper medication from a reliable physician. Below are some of the most typical acid reflux symptoms that most women today are experiencing despite trying to live a normal lifestyle.

Heartburn or Indigestion

This is one of the commonest indications of acid reflux and a person suffering from this condition feels burning sensation inside the stomach. This undesirable sensation comes up affecting the throat and lower chest. This burning sensation manifest because the acid moves to the stomach from the esophagus. The sufferer can also experience pain on the neck and abdomen because of indigestion or heartburn.

Nausea or Upset Stomach

People who experience heartburn will definitely go through this unfavorable health issue. This type of symptom forces the sufferer to feel dizzy also, besides suffering an upset stomach or nausea.

Coughing

An individual who is experiencing an acid-loaded stomach will definitely couch consistently because of acid reflux. This is noticeable if the sufferer is feeling well but is coughing constantly despite not experiencing fever and colds. Therefore, it is important to determine the exact cause of the problem to find the best solution.

Vomiting or Queasiness

If a person is suffering from intense heartburn and triggers nausea, the next problem will be vomiting. This happens because the stomach will try to push back the ingested foods rising back to the esophagus as well as mouth.

Sore Throat

Keep in mind that acid reflux does not only affect the tummy or stomach, as it can also make the throat suffer. Once the acid in the stomach penetrates the throat, the soreness will begin to annoy the esophagus.

Difficulty to Swallow or Dyspahgia

Due to the acid reflux, it is also very difficult for the sufferer to digest and swallow the food resulting to Dysphagia. This particular condition is a different movement that the stomach follows to push the food from the throat back.

If you want to reveal the acid reflux symptoms in women, there are different types that you need to evaluate. Like the mentioned indications in this article, these are all obvious signs of acid reflux that requires the sufferer to consult to the doctor right away. This is important to get the proper diagnosis and medication to prevent other health issues too.

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Lexordaren - About Author:
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