

# ACID REFLUX

It is a big deal!



## 1 out of 14

Americans experience acid reflux (25M).

60M Americans are affected by GERD.



50% of pregnant women suffer from acid reflux in their last trimester.



## ACID REFLUX VS. GERD

### ACID REFLUX

The backward flow of stomach acid into the esophagus causing regurgitated food or sour liquid at the back of mouth and heartburn.

### GERD

Chronic acid reflux causing difficulty in swallowing, coughing, hoarseness, wheezing, and chest pain, especially while lying down at night.

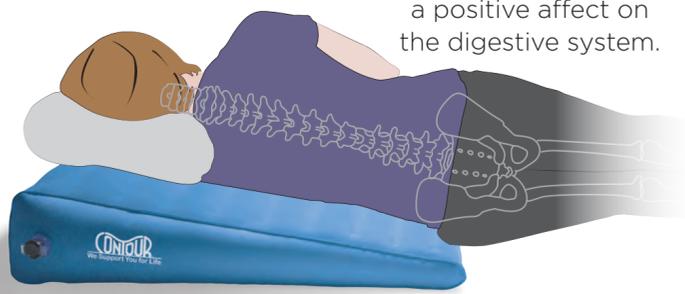
## 5 SERIOUS FACTS ABOUT CHRONIC ACID REFLUX & GERD

- Chronic acid reflux is classified by having the condition 3 or more times a week.
- People with chronic acid reflux have a 50% chance of permanent damage to their esophagus.
- 20% of people with chronic acid reflux will develop GERD.
- People with GERD have 43 times the risk of esophageal cancer.
- 15,000 Americans die from esophageal cancer each year.

## INCLINED SLEEP THERAPY

### MOST EFFECTIVE METHOD TO RELIEVE ACID REFLUX

Gravity has a positive affect on the digestive system.



Raise the upper body to reduce reflux episodes, lessen the time acid stays in contact with esophagus, and decrease reflux symptoms overall.



## FUN FACT

Beds found in the tombs of ancient Egyptian royalty were almost always at a 5° incline.

### Contour's Acid Reflux Extra Long Bed Wedges

- Extra long, doctor-recommended length to provide relief from Acid Reflux and GERD (48" L)
- Quickly inflates to 8" at top of incline
- Perfect for side or back sleepers
- Deflates within 15 seconds
- Great for home or travel



Also check out Contour's 2-in-1 Relief Back Wedges (perfect for relief from snoring, respiratory issues, and nasal and sinus congestion) and the 2-in-1 Leg Relief (for back, leg, and foot pain).



# CONTOUR

We Support You for Life

[www.contourproducts.com](http://www.contourproducts.com)

800-692-6686

IARW\_002\_0120