

## **CHAPTER 3**

### **THE HUMAN BODY: A NUTRITION PERSPECTIVE**

#### **REAL LIFE SCENARIO**

Elise is a 20-year-old college sophomore. Over the last few months, she has been experiencing regular bouts of heartburn. This usually happens after a large lunch or dinner. Occasionally she has even bent down after dinner to pick up something and had some stomach contents travel back up her esophagus and into her mouth. This especially frightened Elsie, so she visited the University Health Center

The nurse practitioner at the Center told Elsie it was good she came in for a checkup. She suspects that Elise has a disease called gastro esophageal reflux disease (GERD). She tells Elise that this can lead to serious problems if not controlled, such as a rare form of cancer. She provides Elsie with a pamphlet describing GERD and schedules an appointment with a physician for further evaluation.

What type of dietary habits likely contribute to Elise's symptoms of GERD?  
What types of medications have been especially useful for treating this problem?  
Overall, how will Elise cope with this health problem, and will it ever go away?