



Wholehearted Dental

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Screening for Gastroesophageal Reflux Disease (GERD)

Symptoms of Reflux

- ☐ Frequent need to clear my throat
 - ☐ Feeling like I am choking
 - ☐ Chronic cough
 - ☐ Hoarseness or changes in my voice
 - ☐ Difficulty swallowing (dysphagia)
 - ☐ Sensation of a "lump in my throat" (globus)
 - ☐ Sour or acidic taste in my mouth
 - ☐ Recurrent sore throats
 - ☐ Burning sensation in my chest (heartburn), especially after meals or at night
 - ☐ Regurgitation of sour liquid or undigested food into my mouth or throat
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When Symptoms Occur

- ☐ Symptoms worsen when lying down or after a large meal
 - ☐ Waking at night coughing, choking, or with a sour/acidic taste in my mouth
 - ☐ Sleeping with my head elevated or on extra pillows to relieve symptoms
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Oral & Dental Findings

- ☐ Increased tooth sensitivity
 - ☐ Unexplained erosion on teeth surfaces
 - ☐ Changes in my bite not explained by grinding or clenching
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Diagnosis & Treatment History

- ☐ Previous diagnosis of acid reflux, GERD, or hiatal hernia
- ☐ Regular use of antacids, proton pump inhibitors (PPIs), or other reflux medications
- ☐ Physician has recommended diagnostic testing (endoscopy or pH monitoring)