

Common Causes Of Acid Reflux

Acid reflux is a chronic, harmful condition that can be caused by a number of different things. This article will look at what could be leading to the problem.

One of the main reasons that people experience the caustic fluid backup that is characteristic of acid reflux is improper functioning of the lower esophageal sphincter, or LES muscles. These muscles are found at the base of the esophagus and provide a method of opening and closing the passageway to the stomach. When the LES muscles are weakened, they are often unable to fully close. This can result in acid from the stomach finding its way up into the esophagus.

Abnormalities of the esophagus are another reason why people are afflicted with acid reflux disease. Several different parts of the esophagus may be malformed, but two of the most common abnormalities that lead to acid reflux are peristalsis and a condition known as adult-ringed esophagus. In an adult-ringed esophagus, there are small rings in the throat which can cause an inability to swallow properly. Improper functioning of the stomach is another factor that can be responsible for acid reflux.

Over fifty percent of all acid reflux sufferers have impaired stomach muscles that have difficulty responding quickly to stimuli. This can cause an extended period of time before the stomach is emptied of its contents, often leading to an acid backup in the esophagus.

Hiatal hernias are another common problem. The hiatus is a hole in the diaphragm that helps to keep the passageway between the stomach and the esophagus secure. It's normally tight, but if it becomes weakened somehow the muscles can loosen and lead to a small part of the stomach actually protruding through the hiatus.

This condition is known as a hiatus hernia. These hernias are not responsible for acid reflux directly, but they can cause the LES muscles to not function properly, ultimately leading to reflux problems.

On top of all the previous causes, certain drugs can also play a part. Non-steroidal anti-inflammatory drugs (NSAIDs) can sometimes lead to acid reflux, as well as aggravating the condition in people who already have it.

These drugs are quite common, and some of the most recognized brands of NSAIDs include Motrin, Nuprin, Advil, and Aleve. A recent research study showed that people who regularly took these medications were as much as two times as likely to experience some symptoms of acid reflux.

Asthma and diabetes are two other things to consider when diagnosing the cause of acid reflux. At least half of all asthma sufferers are known to experience acid reflux, and we have not yet discovered which disease may be causing the other.

People who suffer from diabetes need to be careful of their eating habits. Many diabetics suffer from a condition known as gastroparesis, which is a condition that causes the emptying of the stomach to be delayed. This can again cause the acid in the stomach to backup into the esophagus.

About the Author

Have you been searching for a [cure for acid reflux](#) but just haven't been able to get rid of it? Visit the Reflux Renegade website at www.RefluxRenegade.com for lots of helpful information about how to get rid of your acid reflux for good.

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