

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

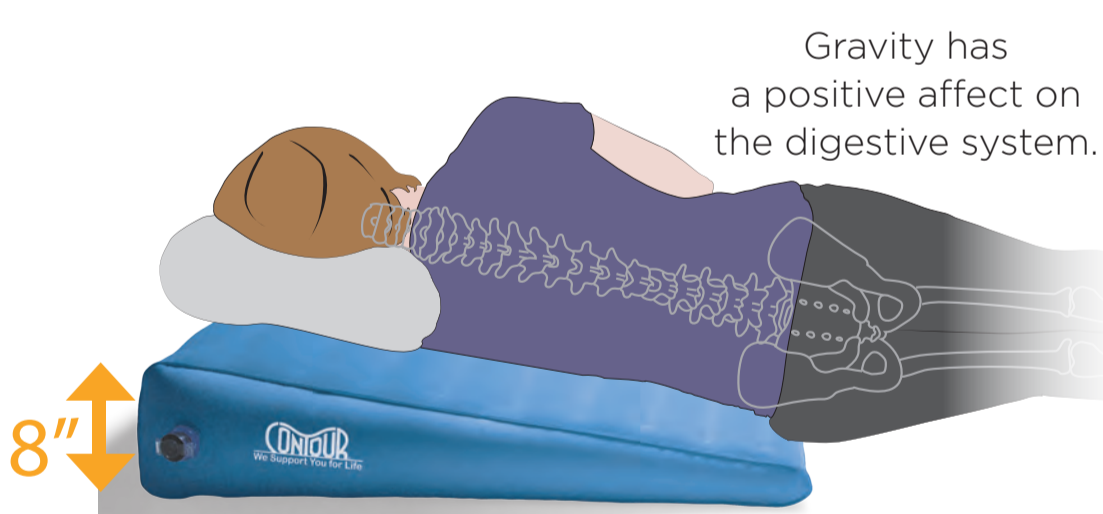
Chronic acid reflux causing difficulty in swallowing, coughing, hoarseness, wheezing, and chest pain, especially while lying down at night.

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 8" 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 Sleep Better XL 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 upper torso Sleep Better Bed Wedges - perfect for relief from snoring, respiratory issues, and nasal and sinus congestion.



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