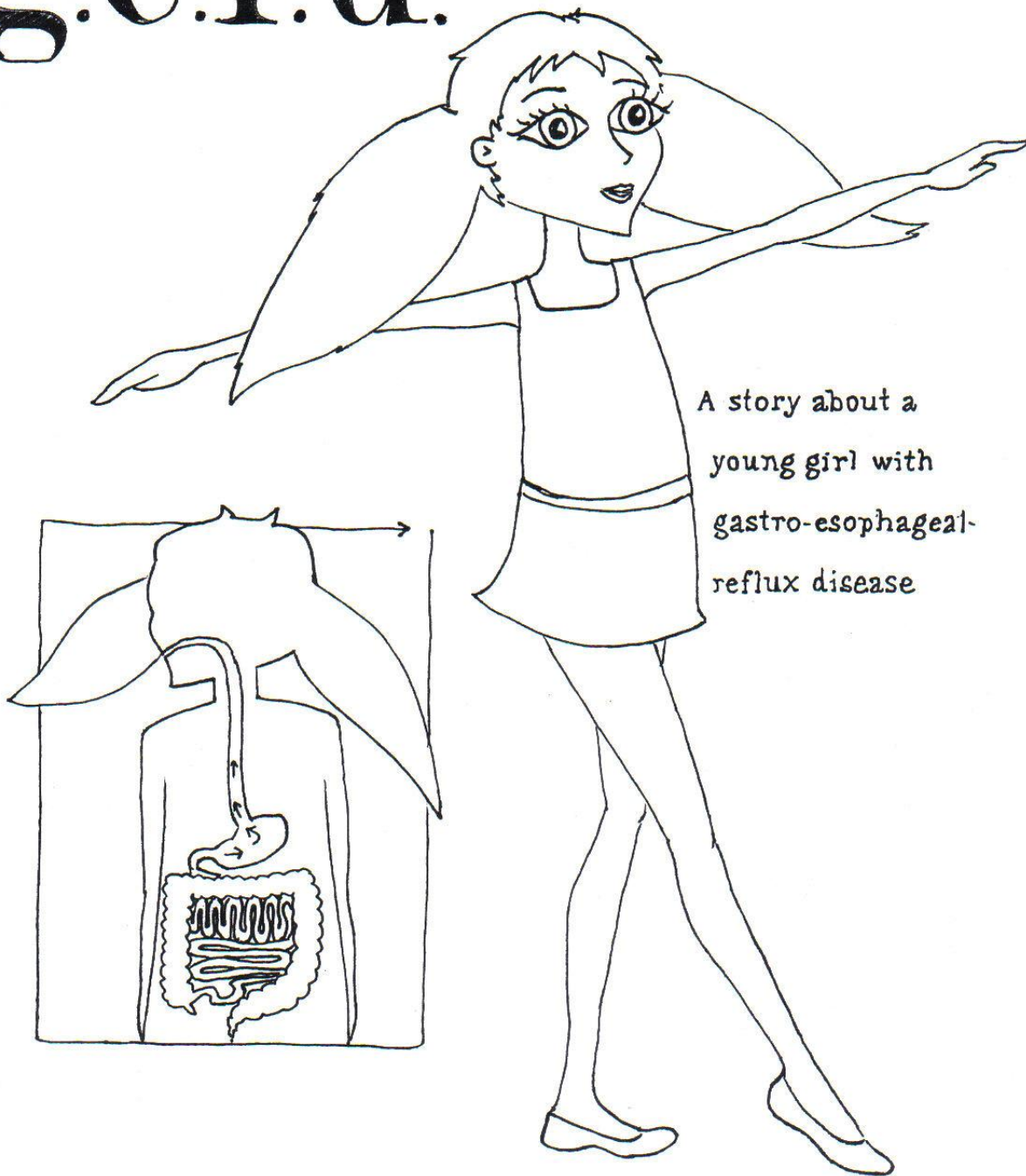


g.e.r.d.



A story about a
young girl with
gastro-esophageal-
reflux disease

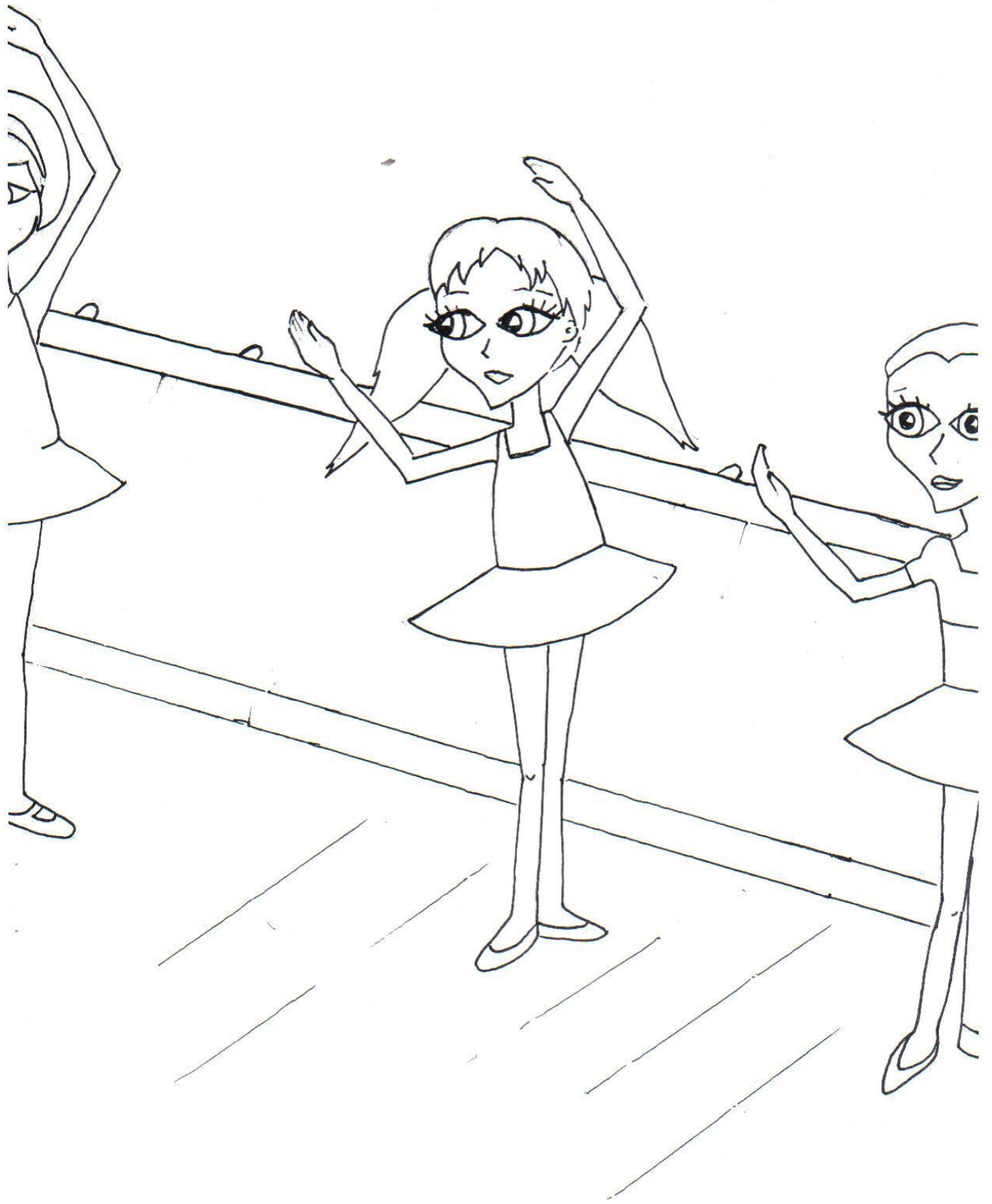
Written and Illustrated By:

Erin J. Dahlke

In consultation with Dr. John Howard

This is a story
About a young girl like you
Her name is Gertrude
And her story is true

Gertrude loved to dance
She danced night and day
Until one day
Something got in her way



She felt a strange burning

In her throat and chest

It hurt so much

She had to stop and rest

Gertrude felt the pain

When she played and ran

It hurt the worst

Whenever she swam

She felt it when she had

Too much to eat

And again at night

When she tried to sleep

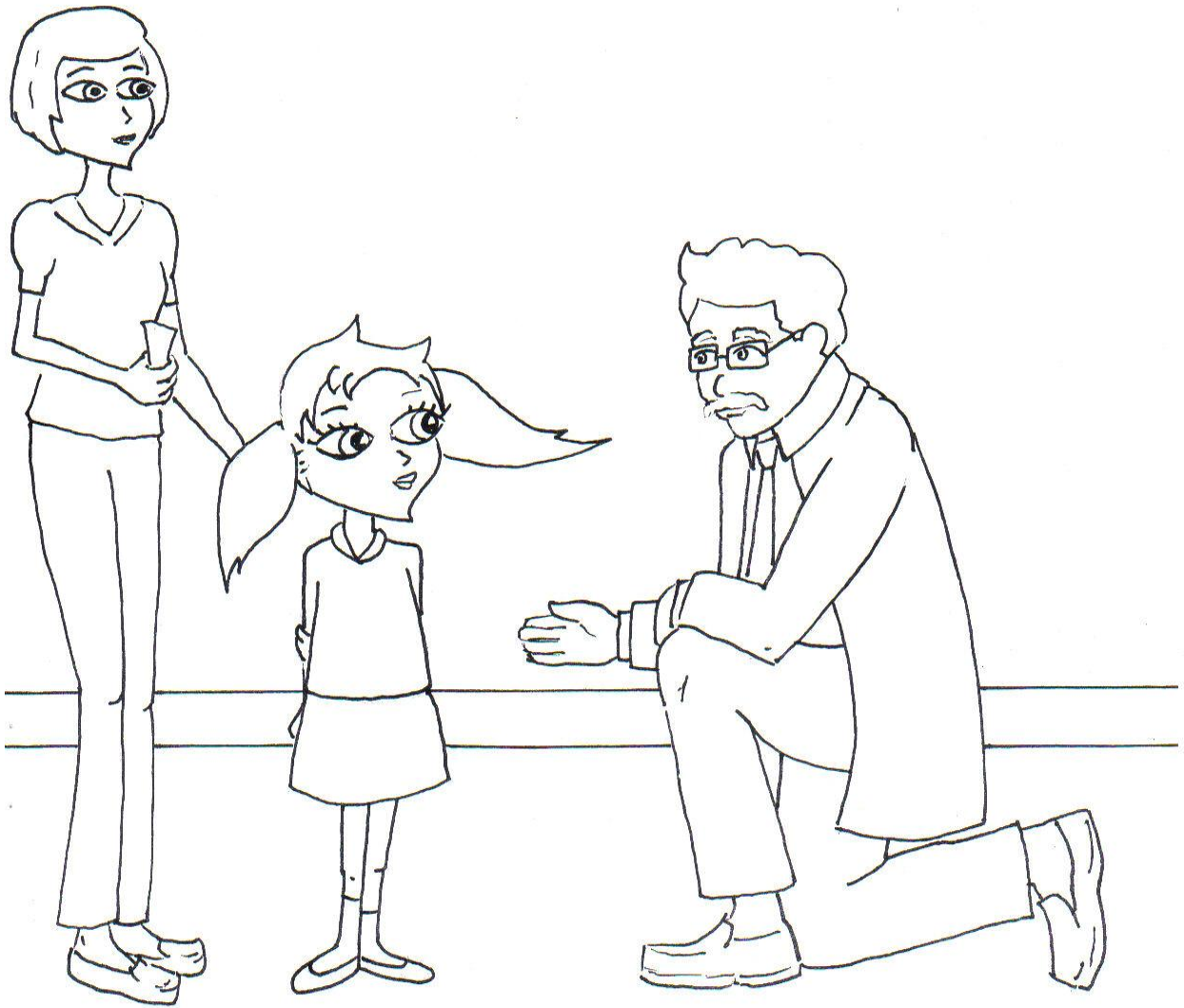
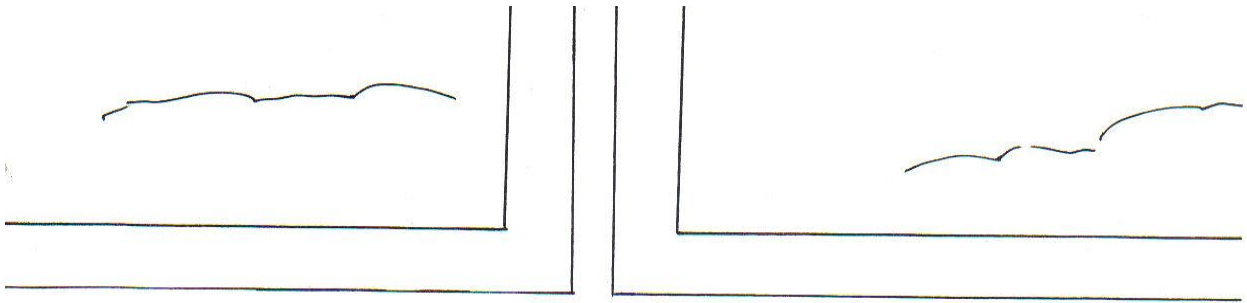


So Gertrude and Mom
Went out the next day
To see if Doc Howard
Would have something to say

They met a nice nurse
And a bubbly clown
The Hospital was the
Most fun place in town

Doc Howard asked Gertrude
A million questions
And then offered up
Some helpful suggestions

To Gertrude, Doc said:
"I know what we'll do
But first I'll explain
What's been bugging you..."



You've got GERD

That's short for G - E - R - D

Gastro-esophageal-

Reflux disease

Your stomach holds acids

That helps you eat snacks

But if they escape

Then GERD can attack

That burning feeling

Like a dragon's fire

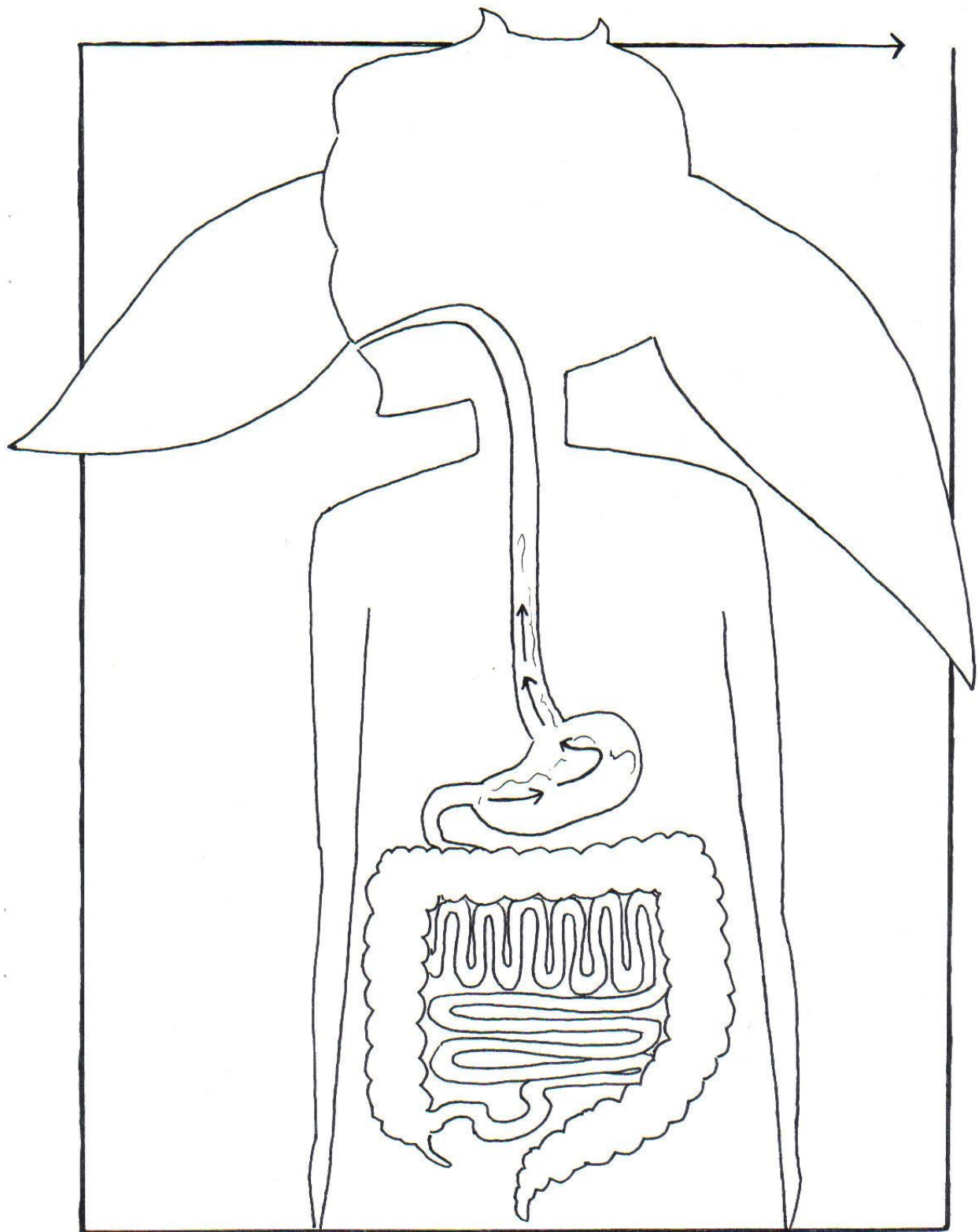
Is stomach acid rising

Higher and higher



If the acid goes up
All the way to your throat
It can feel really bad
And taste bitter and gross"

"Eureka, I get it"
Said Gertrude to doc
"But what can we do
to make it all stop?"

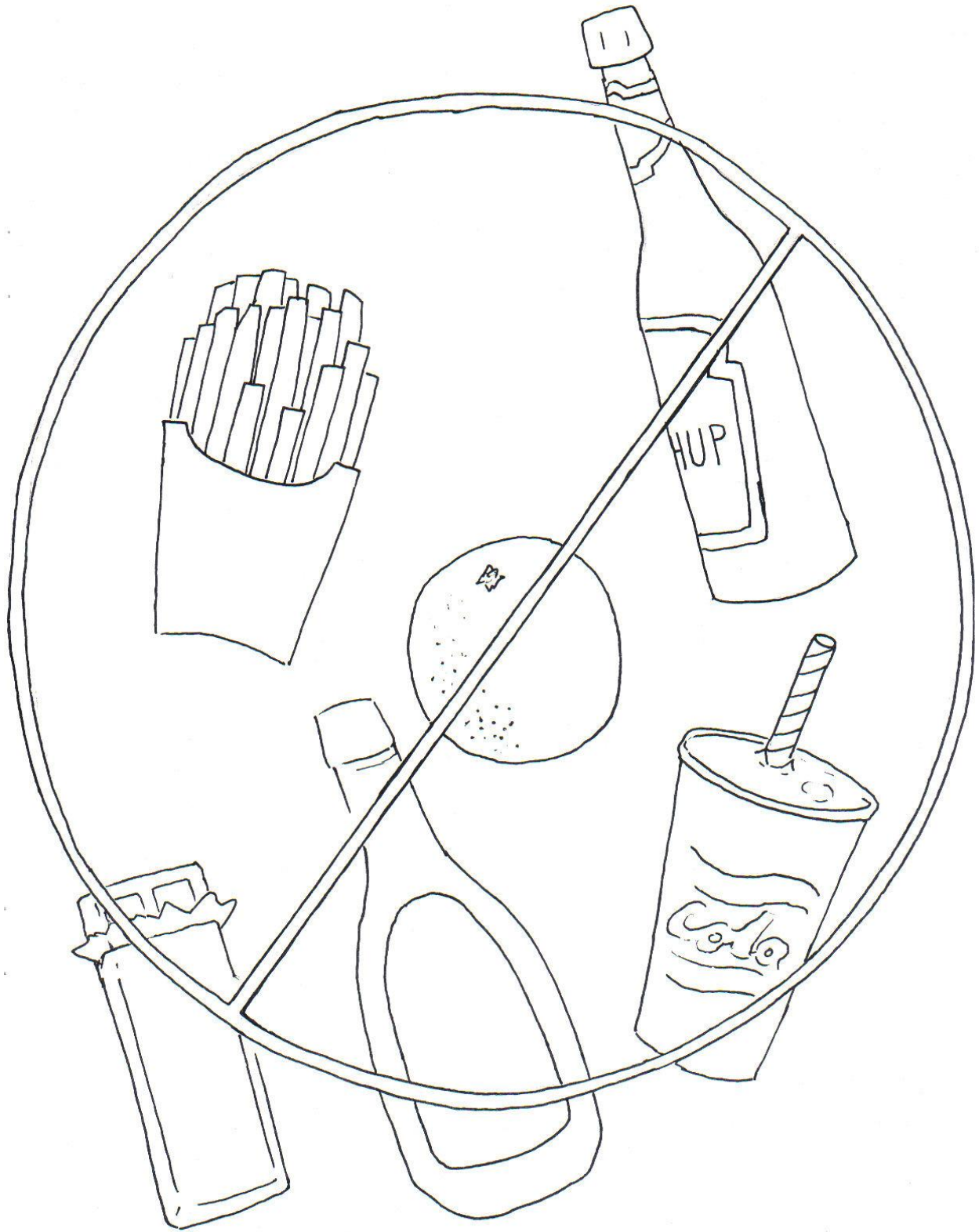


**"Avoid all the foods
That make your tummy upset
Like tomatoes, french fries
And vinaigrettes**

**Instead of 3 big meals
Eat 5 to 6 small
Too much food at one time
Is not good after all**

**If GERD bugs you at night
Don't eat before bed
And when you sleep
Let pillows raise your head**

**This may seem confusing
But don't have suspicions
Megan and Sarah will help
They're the nice dieticians**

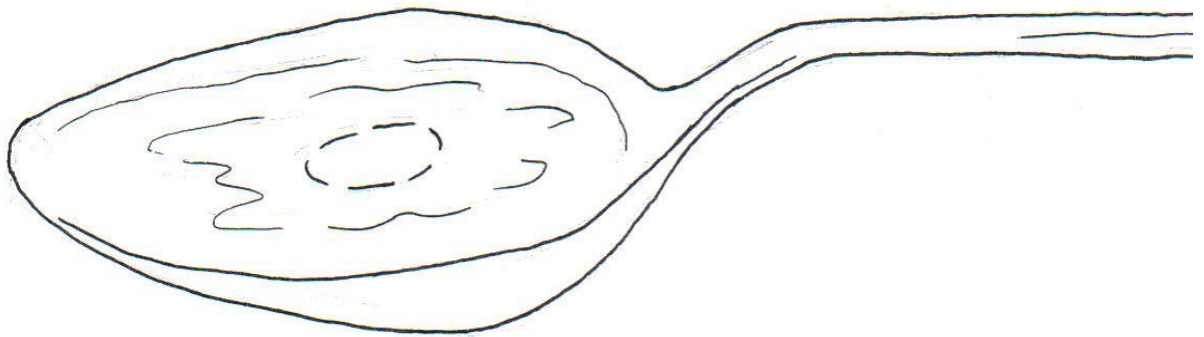
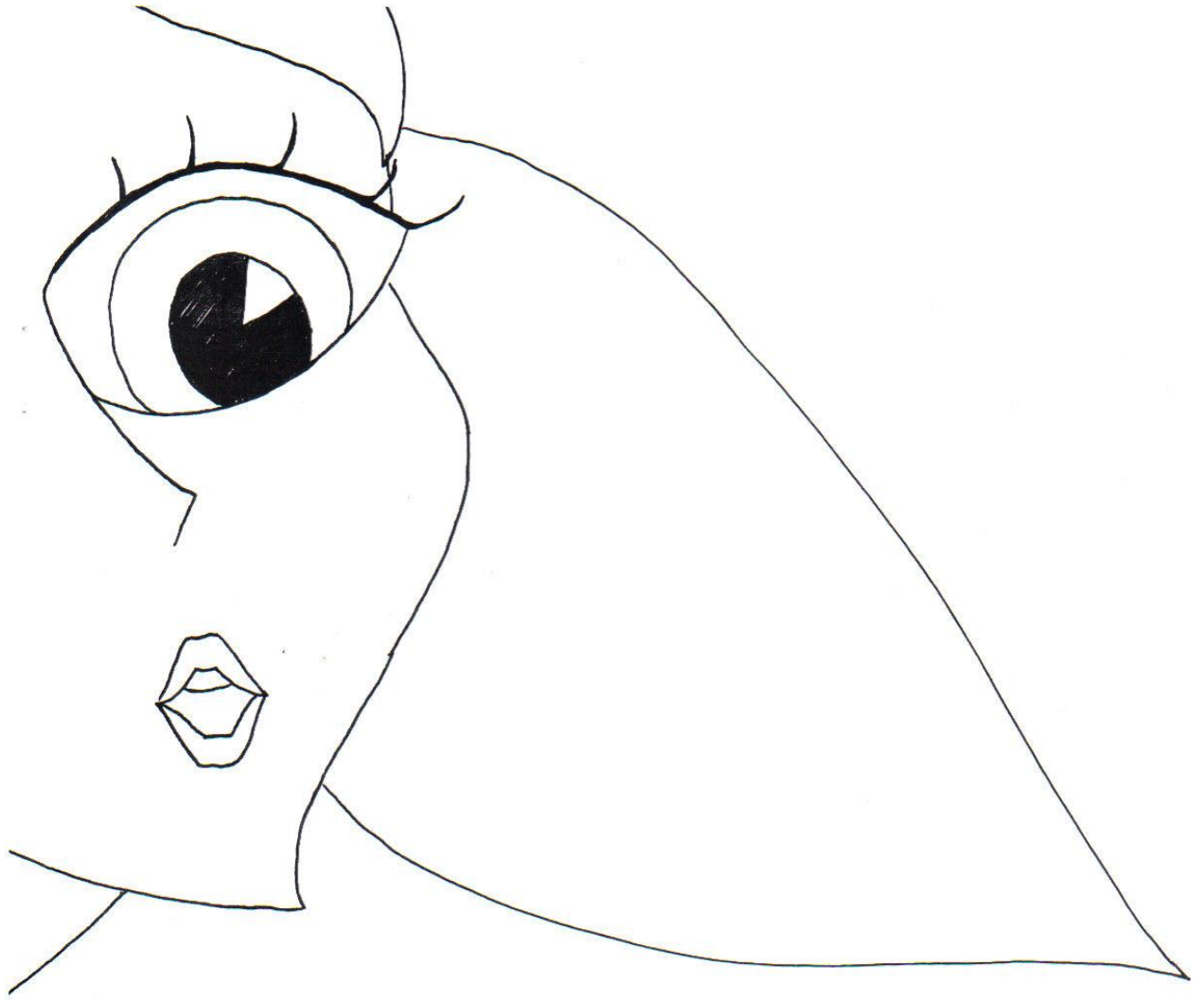


If this doesn't work
Don't fret, don't frown
There are medications that help
To keep the acid down

There's a magic pill
That in water, dissolved
You can drink up real quick
In one gulp, problem solved

The pill helps to keep
The acid away
The burn disappears
And you're on your way

For most boys and girls
That's all that they need
No more treatment or tests
And of GERD they are freed



If after the pill
You're still feeling crummy

We can do a test
To look in your tummy

While you are asleep
A teeny camera will guide

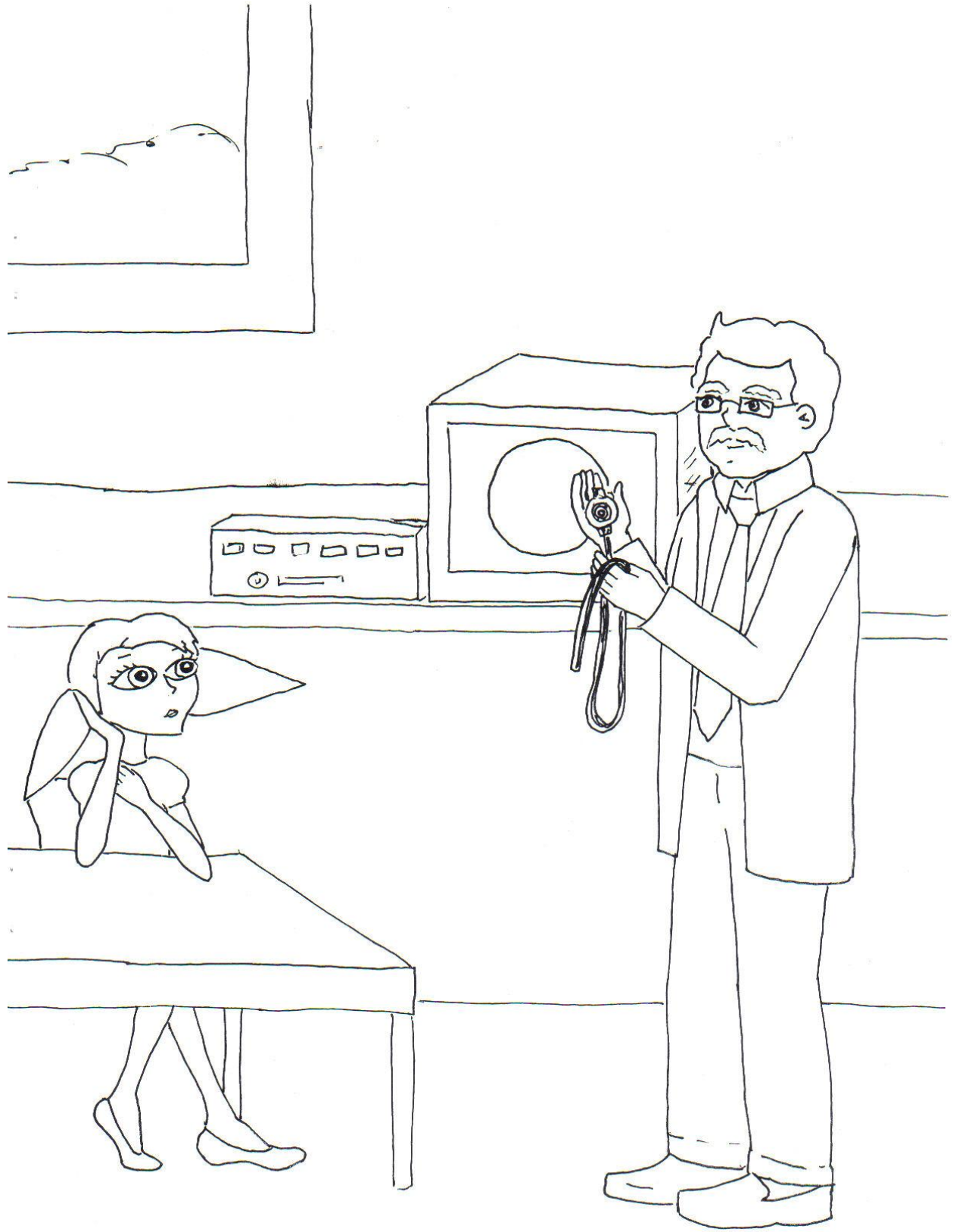
The doc to see
What is going on inside

When you wake up you
Won't remember a thing

Then we will know
What is happening

There's a whole team of people

To look after you
So don't be concerned
Or ever feel blue"



"Wow, thanks a bundle"
Young Gertrude replied
"I'm no longer worried
With you on my side"

Then Gertrude went home
And felt better fast
Soon she was back out
Having a blast

She quickly returned
To her old busy ways
Swimming and running
And dancing all day

So as you can see,
GERD isn't so bad
You'll feel better fast
There's no need to be sad

