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|------------|-------|--|---|---|---|-----------------|--|--|--|--|--|
| NAME: | | | | | | ACID REFLUX LOG | | | | | |
| Date | Time | Duration/ Pain Scale (out of 10) | Symptoms (1-Epigastric Distress; 2-Dysphagia; 3-Pyrosis; 4-Reflux; 5-Regurgitation; 6-Substernal Arm or Shoulder Pain; 7-Sleep Disturbance due to Esophageal Reflux; 8-Anemia; 9-Weight Loss; 10-Nausea; 11-Vomiting; 12-Hematemesis; 13-Melena) | Medication (Over the Counter and Prescription; such as Prilosec, Nexium, Prevacid, Tums) | Symptoms Experienced (Daily Notes) | | | | | | |
| Example | 12:30 | 4 hours; 6/10 | 1, 2, 3, 4, 5, 6 | Prilosec | Example: Experienced Dysphagia for 4 hours, Shoulder Pain for 4 hours. I experienced nausea for the entire day and vomited twice. | | | | | | |
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Rating Criteria for Respective Evaluations

60 Percent:

Symptoms of pain, vomiting, material weight loss and hematemesis or melena with moderate anemia; or other symptom combinations productive of severe impairment of health.

30 Percent:

Persistently recurrent epigastric distress with dysphagia, pyrosis, and regurgitation, accompanied by substernal or arm or shoulder pain, productive of considerable impairment of health.

10 Percent:

With two or more of the symptoms for the 30 percent evaluation of less severity.

NOTE: These are the acid reflux (GERD; Gastroesophageal Reflux Disease) symptoms associated with corresponding disability evaluations (Rated analogous to 7346 Hernia Hiatal). In general, you need symptoms at the respective evaluation to qualify for such. If these symptoms are experienced, you will want to list them in the “notes” section of the Acid Reflux log. Please keep in mind the listed symptoms are not exhaustive. All symptoms you associate with your Acid Reflux condition should be listed in the notes section even if it is not listed.

Medical Definitions

Hematemesis – Vomiting of blood

Melena – Dark sticky feces containing partially digested blood

Anemia – A condition marked by a deficiency of red blood cells or of hemoglobin in the blood, resulting in paleness and weariness

Dysphagia – Difficulty swallowing

Pyrosis – Heartburn; a burning sensation in the upper abdomen

Regurgitation – The action of bringing swallowed food up again to the mouth

Substernal – Situated or perceived behind or below the sternum

Reflux – The flow of a fluid backwards through a vessel or valve in the body (i.e. when the acidic secretions of the stomach reflux back upwards)