

## Can heartburn cause my nighttime asthma symptoms?

Two out of every three people with asthma also experience frequent heartburn or gastroesophageal reflux disease (GERD). With GERD, the stomach acid regurgitates or backs up into the esophagus to cause heartburn or other symptoms like mid chest pain, difficulty swallowing, or a chronic cough. You may have a bitter, burning, or sour stomach taste in your throat or mouth.

Sometimes GERD is an asthma trigger or makes asthma more difficult to control. If you think you have GERD and it may be worsening your asthma, discuss this with your doctor.