



About RISA Inc.

RISA Inc. is a volunteer not for profit organisation supporting Australian families since 1982.

We provide information and support regarding the specific challenges of raising a child with reflux through an email and phone support service to members and non-members alike, along with information through our website and Facebook pages. We also aim to raise awareness of the condition.

The constant demands of a child with reflux may stretch a family's emotional, physical and financial resources to the limit. Knowledge and understanding provided by RISA members can help families cope.



Join Us

RISA membership is \$35 and provides:

- support through our online forums
- family membership information package
- regular newsletters
- informal get-togethers
- advocacy services

Applications can be found at reflux.org.au
Donations over \$2 are tax deductible.



Reflux Infants Support Association Inc.

Families Supporting Families

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Endorsed by



Infant reflux, colic or **GORD?**

*Gastro-Oesophageal Reflux Disease

Reflux Infants Support Association Inc.
Supporting families of children with gastro-oesophageal reflux disease and its complications Australia-wide.

Are you living with a child with GORD or 'reflux'?

Gastro-Oesophageal Reflux Disease (GORD) affects up to 8% of children, more infants and up to 90% of pre-term infants. That's more than 34,000 babies in Australia each year.

Acid reflux can lead to serious complications involving a child's breathing and oxygen levels but is more commonly associated with chronic pain.

Symptoms can vary widely and may depend on age. A child with reflux may have some of the symptoms over, but is unlikely to have them all.



Symptoms in Children under 2 Years

Symptoms can be one or a combination of:

Behavioural Symptoms

Irritability, excessive crying or screaming
Appearing to be in pain
Feeding issues – from refusal to overeating
Sleep and settling issues
Gagging themselves (fist in mouth)

Respiratory Symptoms

Congestion, snuffling
Bad/sour breath
Choking/coughing/wheezing
Frequent sore red throat and hoarseness
Recurrent ear, throat or sinus infections or croup

Physiological Symptoms

Weight issues – from failure to thrive to excessive gains
Vomiting/possetting/regurgitation
Recurrent hiccups/wet hiccups/burps
Gulping/spluttering
Excessive salivation/drooling
Difficulty in passing wind

Did you know?

Not all babies with reflux vomit. This is known as SILENT REFLUX where food and stomach acid comes back up the oesophagus but doesn't always result in vomiting or obvious regurgitation. When this happens it can cause discomfort and pain for the child.

Don't be fooled by the name, it's not because the child is silent but because the reflux can't be seen. Any parent of a child with silent reflux will tell you their child is anything but silent.



What should I do?

Diagnosis from a doctor is important for the ongoing management of your child's condition. Most babies seem to outgrow it in their first year, but there's growing evidence that for some it may be a lifelong condition. Seek a diagnosis as other conditions can also cause vomiting and reflux-like symptoms in children.

Management

There is no silver bullet for the treatment of reflux. Some may respond well to small changes at home, others to medication and for some more intervention may be needed. Either way, families raising a child with reflux need support.

That's where RISA comes in!