

# **Participants Required for Osteopathic Research Study On Acid Reflux *or* GERD *or* commonly known as Heartburn**

## **Title of the research:**

The Effects of Global Osteopathic Treatment on Quality of Life With Those Suffering From Gastroesophageal Reflux Disease (GERD)

## **Gastroesophageal reflux disease, symptoms and quality of life:**

GERD<sup>1</sup> affects many areas of well-being in one's life. Symptoms can progress in frequency and severity leading to abnormalities in the esophagus (gut tube) and throat/chest/back/abdominal pain; Swallowing, breathing, digestion and/or sleeping may be compromised.

## **Global Osteopathic Treatment:**

Osteopathy<sup>2</sup> is a natural manual therapy using gentle palpation skills and knowledge of the human body to restore the normal mechanics (proper motion) of all body tissues, structures and fluid circulation in relation to each other to contribute to overall health, equilibrium and automation of systems in the body.

## **The researcher:**

Sonia Lam, RMT, Registered Massage Therapist is conducting the osteopathic research on GERD in the Tri-city region of the Vancouver Lower Mainland for her graduate thesis to complete her Diploma In Osteopathic Manual Practice (D.O.M.P.) as per requirement of the Canadian School of Osteopathy, Manual Practice<sup>3</sup>. To assist, volunteers are needed starting 2015 thru 2016 who are: *(short list)*

- Male or female between the ages of 20-65 years and able to read and write in English
- Diagnosed with GERD for at least 3 months; current symptoms can be infrequent but ongoing
- Medicated or non-medicated for GERD with persistent symptoms
- Currently experience coughing with reflux and/OR sore throat related to GERD
- Available to participate for the duration of the study lasting 13 weeks involving questionnaires, osteopathic assessments and 4 osteopathic manual treatments

## **Contact information:**

If you or someone you know meet the above criteria and would like to participate, please contact Sonia Lam at:

**sonia.researching@gmail.com** or **778-300-9036** for further details and eligibility.

**Website:** <http://www.osteopathic-research.weebly.com>

For more information on GERD and Osteopathy:

1. <http://www.badgut.org/about-us/newsroom/report-cards/gerd-report-card/>
2. <http://www.osteopathybc.ca/faq>
3. [http://www.osteopathy-vancouver.ca/osteopathy-regulation-accreditation/?](http://www.osteopathy-vancouver.ca/osteopathy-regulation-accreditation/)