## What is Gastroesophageal Reflux Disease or GERD?

"GERD or G-E-R-D stands for Gastro Esophageal Reflux Disease or "Reflux." It's a condition that's very common in babies and especially premature babies. It's where contents from their stomach just reflux up into their esophagus and sometimes, they spit the milk all the way out."

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