



**Treating the Root  
Cause of Reflux**  
for Long-Term GERD Relief  
Without the Side Effects



 **GERDHELP**.com

# What is GERD?

Gastroesophageal reflux disease (GERD) is a chronic condition caused by changes in the gastroesophageal valve that allow acid to flow back from the stomach into the esophagus. GERD can have a significant impact on quality of life and can result in both typical and atypical bothersome symptoms.

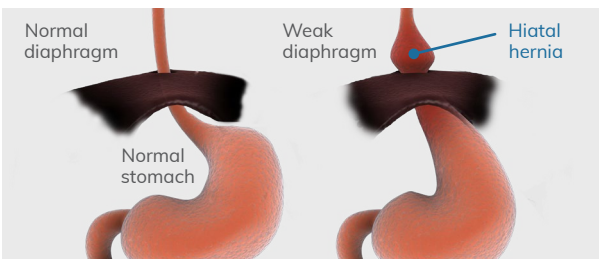
## COMMON SYMPTOMS INCLUDE

- HEARTBURN
- CHEST PAIN
- REGURGITATION
- TROUBLE SWALLOWING
- FOOD SENSITIVITY

When reflux extends beyond the lower esophagus, it can cause symptoms not immediately associated with heartburn, including trouble sleeping, sore throat, persistent cough, and gas & bloating. These symptoms can indicate laryngopharyngeal reflux (LPR).

# What is a Hiatal Hernia?

Hiatal hernias are a common finding contributing to reflux symptoms. A hiatal hernia occurs when a portion of the stomach moves up into the chest cavity. A large hiatal hernia can contribute to chronic acid reflux when the hiatus (the hole in the diaphragm that allows food and liquids to pass into the stomach) enlarges, allowing stomach contents to flow back into the esophagus, causing heartburn.

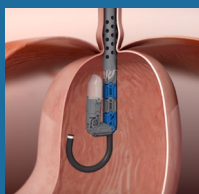


When left untreated, reflux can lead to serious conditions, including Barrett's esophagus and esophageal cancer.

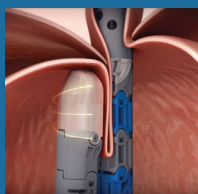
# What is the TIF procedure?

TIF, or transoral incisionless fundoplication, is a procedure that treats symptomatic GERD by reconstructing the antireflux barrier to restore the body's natural protection against reflux without incisions.

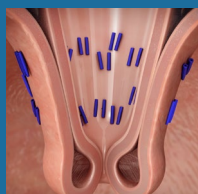
By restoring the natural shape, location, and effectiveness of the esophageal valve, the TIF procedure addresses the root cause of reflux.



First, the esophagus is lengthened.



Then, the top of the stomach is gently folded and partially wrapped around the lower esophagus.



The wrap is held in place with fasteners made of bioabsorbable material physicians have used inside the body for decades. No cutting needed.

# What is the cTIF™ procedure?

The cTIF procedure, or concomitant transoral incisionless fundoplication, is when the TIF procedure is performed directly after a laparoscopic hiatal hernia repair, under the same general anesthesia setting.

	TIF	cTIF
Minimally Invasive	✓	✓
Incisionless	✓	
Restores Natural Anatomy	✓	✓
Repairs Small Hernia (<2cm)	✓	
Repairs Large Hernia (2-5cm)		✓
No Foreign Body	✓	✓
Quick Recovery	✓	✓

The TIF procedure is always incisionless. However, in a cTIF procedure, the hiatal hernia repair, which requires incisions, is completed first and then followed by the incisionless TIF procedure to fix the faulty valve.

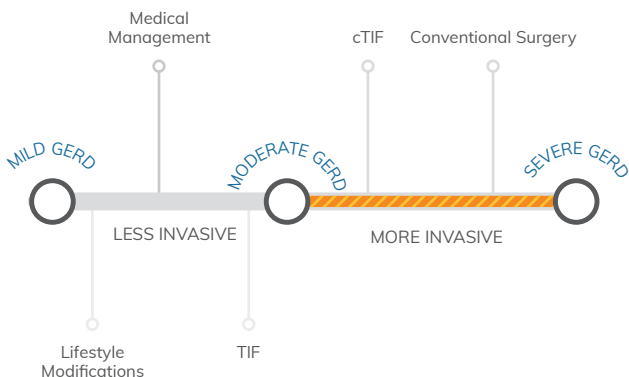
# Why TIF or cTIF?

No dysphagia or gas bloat seen with traditional antireflux surgeries<sup>1</sup>

No metal implants

Most patients off of daily PPIs

Quick recovery



Medications can provide temporary symptom relief, but do not treat the underlying anatomical problem or stop GERD from progressing.

Conventional antireflux surgery can be an effective solution, but typically includes side effects such as difficulty swallowing, bloating, and increased flatulence. TIF and cTIF treat the underlying cause of GERD, without the side effects.

## FREQUENTLY ASKED QUESTIONS:

**IS IT EFFECTIVE?** Clinical studies show that TIF and cTIF are effective for treating typical and atypical symptoms of GERD. Most patients are off of daily PPIs and report having effective symptom control.<sup>1,2</sup>

**IS IT SAFE?** TIF and cTIF maintain an excellent safety profile. Clinical studies demonstrate that patients rarely report experiencing long-term side effects associated with traditional antireflux surgery.<sup>2,3</sup>



“

I had my TIF procedure in August of 2021 and I haven't taken a PPI since! Now my life is totally back to normal. I haven't thought about my GERD symptoms in years.

– Dillon  
Real TIF Patient

”



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more about TIF and cTIF

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The TIF procedure for reflux may not be appropriate for your condition and results may vary. Talk to your doctor about benefits and risks.

Sources:

- 1 Haseeb, et al. Impact of Second Generation Transoral Incisionless Fundoplication on atypical GERD symptoms: a systematic review and meta-analysis. *Gastrointest Endosc*, 2022 Nov
- 2 Janu, et al. HH+TIF: Efficacy and safety in two community hospitals. *Surg Innov* 2019 Sep
- 3 EndoGastric Solutions, Inc Data on File.

 **EndoGastric Solutions**.®

EndoGastric Solutions, Inc.  
18109 NE 76th Street, Suite 100  
Redmond, WA 98052

Phone: 425-307-9200