

How the VA Rates GERD (Gastroesophageal Reflux Disease)

Regulatory Source: 38 CFR § 4.114 – Diagnostic Code 7346 (Hiatal Hernia used to rate GERD)

VA Source: <https://ecfr.gov>

Summary:

GERD is rated using the hiatal hernia diagnostic code because the VA has no specific schedule for GERD. Ratings depend on how often and how severely symptoms interfere with health or daily function.

VA Rating Table:

Rating	Explanation
10%	Symptoms like heartburn, regurgitation, or indigestion occur but only occasionally. Little to no impact on daily functioning or work ability.
30%	Persistent symptoms such as epigastric distress, dysphagia (trouble swallowing), pyrosis (heartburn), and regurgitation, accompanied by substernal or arm/shoulder pain and considerable impairment of health.
60%	Severe symptoms including pain, vomiting, material weight loss, hematemesis (vomiting blood), or melena (black, tarry stools) with moderate anemia; or other symptom combinations causing severe health impairment.

Required Evidence:

- Diagnosis of GERD by endoscopy, imaging, or physician evaluation
- Documentation of symptoms: heartburn, regurgitation, chest/shoulder pain, swallowing issues
- Treatment history: use of PPIs (e.g., omeprazole), dietary changes, ER visits
- Optional: weight logs, anemia diagnosis, lab work showing health impairment

Pro Tip:

GERD can often be claimed secondary to PTSD (due to chronic stress) or medications for pain or anxiety. Track how your symptoms affect your eating, sleep, and daily life.