

# How the VA Rates GERD (Secondary to PTSD, NSAIDs, or Pain Meds)

Regulatory Source: 38 CFR § 4.114 – Analogous to DC 7346 (Hiatal Hernia)

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

## Summary:

GERD is often caused or worsened by PTSD-related stress, NSAID overuse, or chronic pain medication. It is rated under the hiatal hernia schedule and depends on how symptoms impact appetite, sleep, or health.

## VA Rating Table:

Rating	Explanation
10%	Intermittent epigastric distress, heartburn, or regurgitation. Controlled with antacids or occasional prescription use.
30%	Persistent symptoms with pain, vomiting, substernal or shoulder pain, and considerable impact on health. Disrupts sleep, appetite, or weight.
60%	Severe GERD with constant symptoms, weight loss, anemia, or other signs of serious health impact. Usually linked with esophageal complications.

## Required Evidence:

- GERD diagnosis with imaging or endoscopy (e.g., reflux esophagitis)
- Medication records (NSAIDs, SSRIs, painkillers) known to cause reflux
- Psychiatric records showing PTSD or stress-related GI symptoms
- Personal statements about sleep, pain, diet, or quality of life
- Documentation of chronic reflux or GI distress linked to rated conditions

## Pro Tip:

If you're on daily NSAIDs for a rated condition, GERD is often secondary. If you have PTSD and GI symptoms (like reflux or IBS), file a secondary claim using supporting GI and psych records.