

## Eructation

### WHAT IS ERUCTATION?

Eructation is more commonly known as **burping** or **belching**. It corresponds to gas being discharged from the mouth, generally accompanied by a sound and maybe even an odour.

### WHAT ARE THE CAUSES?

We may burp for several reasons. You are probably well aware of one of them: drinking **fizzy drinks**. Generally, burping also occurs when you **eat or drink too quickly**. It can also be the result of **gastroesophageal reflux** and a phenomenon called **aerophagia**. Aerophagia literally means 'eating air' and corresponds to the absorption of air during swallowing.

You might be wondering how is it possible to swallow air? This can happen when you take **small sips of hot beverages**, **drink with a straw** or while you **chew gum**.

When babies eat, a lot of air accumulates in their stomachs. We help them burp this air out by winding them, that is gently tapping them on the back, but not too hard so as not to trigger vomiting.

Did you know that humans are not the only ones to burp? Some animals also burp – cows and sheep for example. The Englishman Paul Hunn holds the world record for the loudest burp, which was measured at 109.9 decibels, nearly as loud as a chainsaw!

## Eructation

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What is another name for eructation?

- Passing wind
- Gurgling
- Burping

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Burping expels...

- air through the mouth
- saliva through the mouth
- vomit through the mouth

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Burping is accompanied by...

- just a noise
- both a noise and an odour
- just an odour

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Fizzy drinks can cause burping.

- False
- True

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Eating slowly may cause burping.

- True
- False

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Burping is dangerous for your health.

- False
- True

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Aerophagia refers to swallowing excessive amounts of air.

- False
- True

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Aerophagia may be caused by sipping drinks, drinking through a straw or chewing gum.

- True
- False

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Why do we pat a baby's back when it has finished its bottle?

- To evacuate air
- To evacuate excess milk
- To help the meal go down

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Paul Hunn holds the world record for the noisiest burp. He reached 109.9 decibels, which is the level of noise emitted by...

- a car
- a chainsaw
- a jet plane

## Answers

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What is another name for eructation?

- Passing wind**  
*Wrong! Try again!*
- Gurgling**  
*Wrong! That's something else.*
- Burping**  
*Well done! That's right!*

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Burping expels...

- air through the mouth**  
*Well done! That's right!*
- saliva through the mouth**  
*Wrong! Try again!*
- vomit through the mouth**  
*Wrong! Try again!*

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Burping is accompanied by...

- just a noise**  
*Wrong! That is not the full answer.*
- both a noise and an odour**  
*Well done! Burping may be accompanied by both a noise and an odour.*
- just an odour**  
*Wrong! That is not the full answer.*

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Fizzy drinks can cause burping.

- False**  
*Wrong! Try again!*
- True**  
*Well done! That's right, because when we drink fizzy drinks, we also consume a lot of air.*

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Eating slowly may cause burping.

- True**  
*Wrong! That's not the correct answer.*
- False**  
*Well done! It is when we eat too fast that we are more likely to burp.*

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Burping is dangerous for your health.

- False**  
*Well done! In most cases, burping is caused by air in your stomach. Although it is unpleasant, it is not dangerous.*
- True**  
*Wrong! That is not the right answer.*

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Aerophagia refers to swallowing excessive amounts of air.

- False**  
*Wrong! Try again!*
- True**  
*Well done! That's right!*

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Aerophagia may be caused by sipping drinks, drinking through a straw or chewing gum.

- True**  
*Well done! We absorb a lot of air when we do this.*
- False**  
*Wrong! That is not the right answer.*

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Why do we pat a baby's back when it has finished its bottle?

- To evacuate air**  
*Well done! When a baby drinks, a lot of air builds up in its stomach.*
- To evacuate excess milk**  
*Wrong! That's not the right reason.*
- To help the meal go down**  
*Wrong! That is not the correct answer.*

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Paul Hunn holds the world record for the noisiest burp. He reached 109.9 decibels, which is the level of noise emitted by...

- a car**  
*Wrong! A petrol-powered car moving at 60 km/h can reach 65 decibels.*
- a chainsaw**  
*Well done! That's one wonderful burp!*
- a jet plane**  
*Wrong! A jet plane reaches 125 decibels.*