Gastroesophageal Reflux Disease

What it is and how to manage this in 2011
GERD

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  - No disclosures
GERD

- Definition
  - Stedmans
    - A syndrome due to structural or functional incompetence of the lower esophageal sphincter (LES) which permits retrograde flow of acidic gastric juice into the esophagus.
  - Wikipedia
    - Chronic symptoms or mucosal damage caused by stomach acid coming up from the stomach into the esophagus
GERD

- Names given this condition
  - Heartburn
  - Agita
  - Acid indigestion
  - Regurgitation
  - Many others
GERD

- Scope of the problem
  - Estimated that 10-20% people in the Western World
  - About 20-60 million in US
  - Accounts for about 4,600,000 outpatient visits yearly
  - About 100,000 hospitalizations
  - $9.3 billion was spent in 2000
    - 60% of this for antisecretory agents
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Normal anatomy
GERD

- **Cause**
  - Inappropriate relaxation of the LES
    - Often very transient
  - Common triggers
    - Smoking
    - Alcohol
    - Caffeine
    - Fatty foods
    - Acidic food and beverages
    - Chocolate
    - Peppermints
GERD

- Risk factors that increase chance of GERD
  - Hiatal hernia
  - Obesity
  - Pregnancy
  - Connective tissue disorders
  - Delayed gastric emptying
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- Symptoms in uncomplicated disease
  - Esophageal symptoms
    - Heartburn
    - Chest and abdominal pain
    - Dysphagia
  - Extraesophageal symptoms
    - Cough and sore throat
    - Sinus problems
    - Asthma
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- Complicated disease
  - Ulcers
  - Stricture
  - Barrett’s esophagus
  - Esophageal cancer
Diagnosis

- Trial of therapy
- Barium x-rays
- pH testing
- Esophageal manometry
- Endoscopy
GERD

- **Endoscopy**
  - **Indications**
    - Long-standing disease
    - Risk factors for developing Barrett’s esophagus
    - Any alarm signs
      - Unplanned weight loss
      - Bleeding
      - Difficulty or pain with swallowing
      - Symptoms unresponsive to medical therapy
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- **Endoscopy**
  - 5-15 minute procedure
  - Involves some form of sedation
  - Biopsies may be collected
  - Is very safe and generally well tolerated procedure
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- Endoscope
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- Normal esophagus
GERD

- Complications
  - Esophageal ulcer
GERD

- Complications
  - Barrett’s esophagus
GERD

- Complications
  - Esophageal cancer
GERD

- Therapy
  - Lifestyle modifications
  - Medications
    - Antacids
    - H2 blockers
    - Proton pump inhibitors
  - Endoscopic therapy
  - Surgical therapy