

Gastroesophageal reflux disease GERD

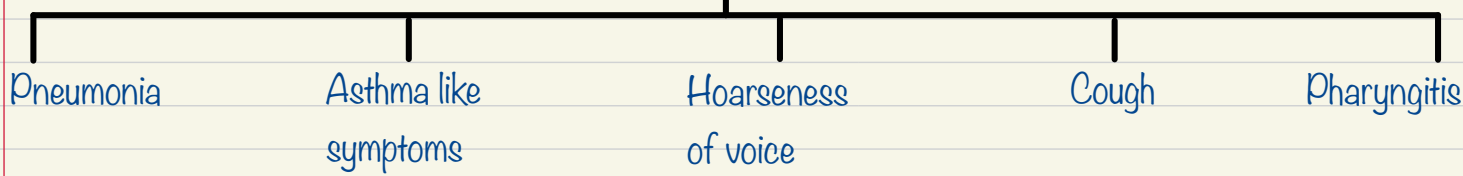
- Backflow of gastric contents to the lower 1/3 of the esophagus which cause troublesome symptoms which affect the quality of life of the patients



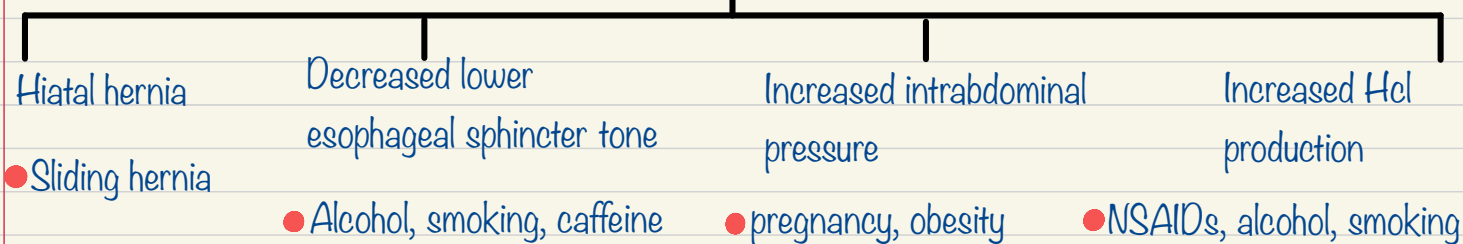
Typical symptoms



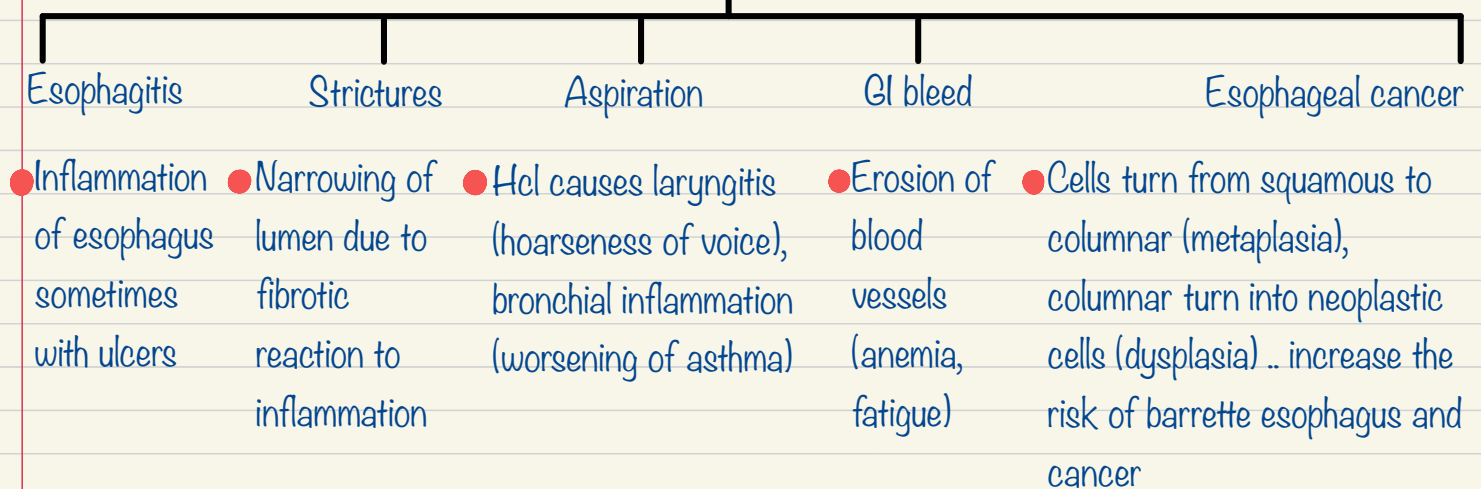
Atypical symptoms



Risk factors



Complications



Management

- A young patient complaining of epigastric pain, heartburn, chest pain
- First take a proper history, look for alarming symptoms » dysphasia, weight loss, extensive vomiting
↳ pay extra attention to them when the patient is old age
- GERD patient with no alarming symptoms » lifestyle changes & supportive PPI for 8 weeks (40 gm)
- You give the patient 8 weeks to recover if he didn't improve » the approach is EGD
- If the EGD shows esophagitis » take in consideration LA classification of esophagitis (it contains 4 stages A,B,C,D depending on degree of mucosal breakdown, C and D are considered severe)
- The EGD could show hiatal hernia » the squamo-columnar junction shifted upwards
- The EGD could show strictures » lumen narrowing, fibrosis, scarring
- If you find any of these (esophagitis, hiatal hernia, strictures) » complications of GERD » objective findings » proven GERD » erosive GERD (ERD)
- In case of ERD the approach is » antireflux surgery » endoscopic submucosal dissection
- If the EGD didn't show any finding » non-erosive GERD (NERD) » no objective finding
- In case of NERD the approach is » 24h pH monitoring » placing a narrow flexible tube through the nose into the esophagus, the tube has a sensor that detects acid levels in the esophagus
- If the DeMeester value of the test >14.7 » positive sign » objective finding for NERD .. if the acid exposure time >6 » positive sign » objective finding for NERD
- In case of NERD with these positive signs the approach is » anti reflux surgery
- If EGD & 24 pH monitoring are negative » reflux hypersensitivity (grey zone in GERD) » 24 pH impedance monitoring » sensor for both acid and alkaline » if $>50\%$ » positive finding » surgery
- If 24 pH impedance monitoring is negative » functional heartburn (5% of patients) » physiological disorder » antidepressants (surgery will make it worse)