

GASTROESOPHAGEAL REFLUX DISEASE (GORD)

4th YEAR MBCHB 2021

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What is GORD

Is a digestive disease characterized by chronic acid reflux, which occurs when stomach acid flows back into the esophagus

Acid reflux is considered GORD if symptoms occur at least twice /week or moderate to severe symptoms occur once a week

What causes GERD

Weakening of lower Esophageal sphincter pressure.

Factors which can weaken LES:-

- ❖ Heavy meals
- ❖ Obesity
- ❖ Stress/anxiety
- ❖ Effects of some foods eg: spicy foods, carbonated, chocolate, fatty meals etc
- ❖ Pregnancy
- ❖ Connective tissue disease / chronic respiratory disease eg asthma
- ❖ Alcohol
- ❖ Genetics: 1st. Degree relatives
- ❖ Hiatus hernia

What are common symptoms

- ☐ Chronic heartburn
- ☐ Regurgitation
- ☐ Others
 - Angina like Chest pain or discomfort
 - Chronic cough, wheeze, sore throat & or hoarseness
 - Belching, gas, bloating
 - Sour taste at the back of mouth
 - Hoarseness of the voice,
 - Hiccups/cough/bad breath
 - Tooth decay & gum disease

Diagnosis of GERD

1) Typical symptoms:

Heartburn

Regurgitation

2) Response to PPI

3) Role of endoscopy + Biopsy

Indicated in :-

- Patients with red flags: eg Dysphagia, odynophagia, hematemesis, weight loss, age >55
- Diagnostics in background of atypical symptoms
- Lack of response to PPIs
- Prior to surgical intervention e.g. fundoplication
- Patients at high risk of cancer: e.g. chronic GORD, age >55, Males, European ethnicity, smokers etc

Diagnosis of GERD

4) Ambulatory acid PH studies:

A monitor is placed in the lower esophagus to identify when & for how long stomach acid regurgitates to the esophagus

5) Manometry:

Measures rhythmic muscle contractions in the esophagus, when one swallows

Also measures the coordination & force exerted by the muscle of the esophagus

Treatment of GORD

Medical :

- ❖ Antacids/PPI
- ❖ Lifestyle modifications e.g.: Maintain healthy waist, stop smoking, elevate head of bed, avoid lying down after a meal, avoid foods & drinks that trigger reflux eg fatty meals/spicy meals, cheese ,nuts, chocolates, citrus fruits, avoid tight fitting cloths

Surgical: Fundoplication

Complications of GORD

- ❖ Esophageal ulcers
- ❖ Esophageal stricture
- ❖ Barret's esophagus
- ❖ Esophageal cancer