

GERD, clinical profile and management

DV Priyanka

Maharaja Institute of Medical sciences

E-mail: drdvpriya@gmail.com

GERD is the most common gastrointestinal disorders encountered in clinical practice. It is more than Heartburn, which is one of the several complaints. Patients can also suffer from regurgitation, nausea, cough, sore throat, hiccups, chest pain, sleep disturbances etc... which not only significantly impair the quality of life but also pose diagnostic challenges resulting in poor management. The detailed characterization of the various symptoms and their link with clinical and epidemiological profile (Age, Body mass index, lifestyle etc.) would help physicians to better individualized and adaptive management options enabling good therapeutic response.

Aim of the study

To evaluate the clinical profile of patients with GERD and compare the efficacy of therapeutic lifestyle modification versus drug therapy.

Material and methods

One hundred fifty patients with established GERD are included in the study. They are divided into three arms; First arm was subjected to therapeutic life style modification alone, Second arm was treated with routine advice and drugs, and the Third arm was subjected to therapeutic life style modification as well as drug

therapy. Observations are made at base line, at the end of 12 weeks and at the end of 24 weeks.

Results

Therapeutic response in terms of symptom relief and improvements in Quality of life and Endoscopy findings were as follows: (percentage of patients)

Arm	12 weeks	24weeks	P value
1st	63.7%	92.4%	< 0.001
2nd	65.6%	73.2%	< 0.124
3rd	68.4%	96.2%	< 0.001

Discussion

Our study has shown that lifestyle modification alone is nearly as effective as when drugs are used in combination with Lifestyle changes. Treatment plans can thus be designed according to individual patients needs.

Conclusion

Untreated GERD, not only impairs QOL but also leads to complications like Asthma, Dental problems, Esophageal ulcer and Barrett's oesophagus which is a premalignant condition. Early recognition and prompt treatment of this condition hence can prevent such life threatening complications.