

# **GERD** [Gastro esophageal reflux disease]



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
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**By**

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## **GERD [Gastro oesophageal reflux disease]**

GERD occurs when stomach acid frequently flow back into the esophagus (food pipe) may leads to weak esophageal sphincter. This back flow or back reflex can irritate the lining of esophagus & may cause inflammation.

### **ETIOLOGY:-**

- Gastric acid hyper secretion due to **H-pylori** bacteria.
- Obesity.
- Consumption of alcohol tobacco spicy food.
- Smoking.
- Stress.
- Reduce length of intra abdominal esophagus.

### **PATHOGENESIS:-**

- Due to different etiological factors , mainly due to **H-pylori bacteria found in stomach cause hyper secretion of HCL.**
- When hyper secretion of acid occurs or the amount of acid increases inside the stomach , due to shorter length of abdominal esophagus.
- Then the mucosal lining of stomach damaged. It also leads to damaging of lower esophageal sphincter.
- Then back reflex of acid from the stomach towards the esophagus that cause no of ulcer inside the stomach & esophagus .which characterized by inflammation or swelling & it also leads to severe pain inside the stomach & esophagus.

### **CLINICAL MANIFESTION:-**

- Burning sensation.
- Epigastria pain.
- Dysphagia.
- Multiple ulcer.
- Swelling on inflammation in esophagus.
- Voice change.
- Chronic cough, shortness of breathing.
- Recurrent pneumonia.
- Symptoms increases in supine position.

### **CLINICAL EVALUATION:-**

- **Gastroscopy.**
- **Oesophaguseopy.**
- **X-ray.**
- **Urease test for H-pylori.**
- **Esophageal monometry.**
- **Mucosal biopsy.**

### **PHARMACOLOGICAL MANAGEMENT:-**

- Any analgesic medication.
- Proton pump inhibitor (omeprazole).
- Antacid (magnesium trisilicate).
- H2 BLOCKER (Ranitidine).
- Prokinetic drug (domperidone).

### **SURGICAL MANAGEMENT:-**

- Ant flux surgery.
- Vertical banded gastro-plastic.
- Nissen fundoplication.

## **NON-PHARMACOLOGICAL MANAGEMENT:-**

- Maintain a healthy lifestyle , avoid smoking alcohol.
  - Avoid Spicy food & fatty food.
  - Don't skip breakfast , maintain the routine for intake of food .
  - Drink adequate amount of water daily.
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