

# OH MY GERD!

Signs, Symptoms, and Treatment of  
Gastroesophageal Reflux Disease

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# Oh, my GERD

- Symptoms
- Terminology
- Treatment
- Further evaluation
- Complications

# Cardinal Symptoms

- Heartburn



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- Regurgitation

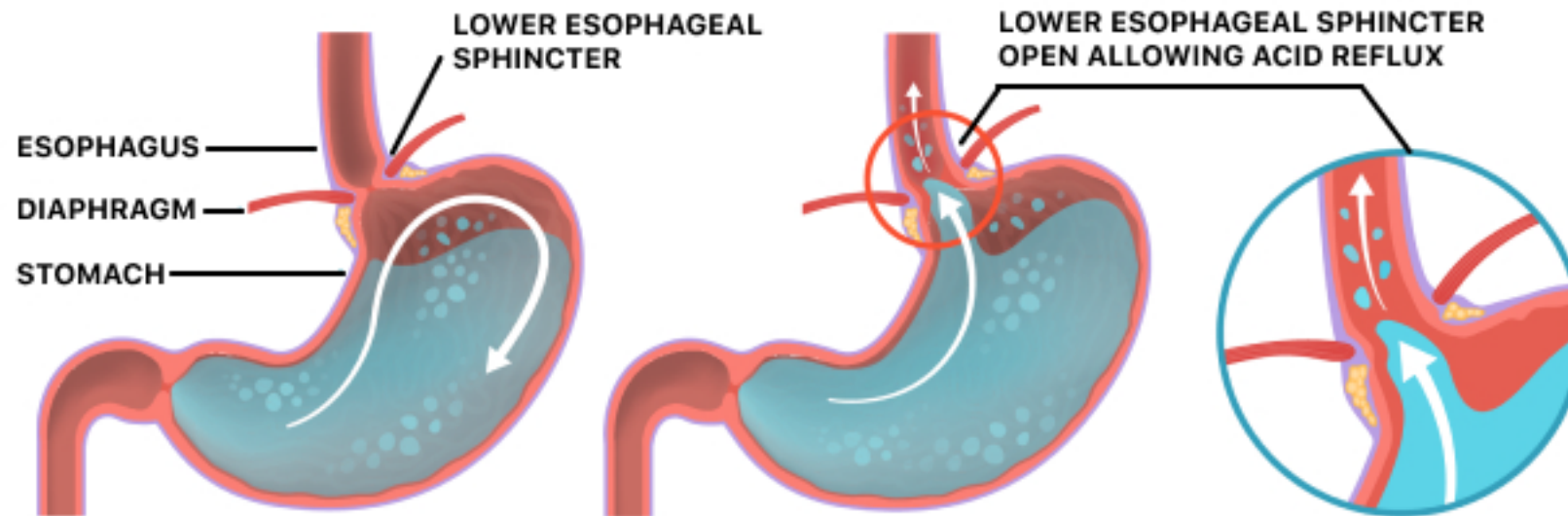


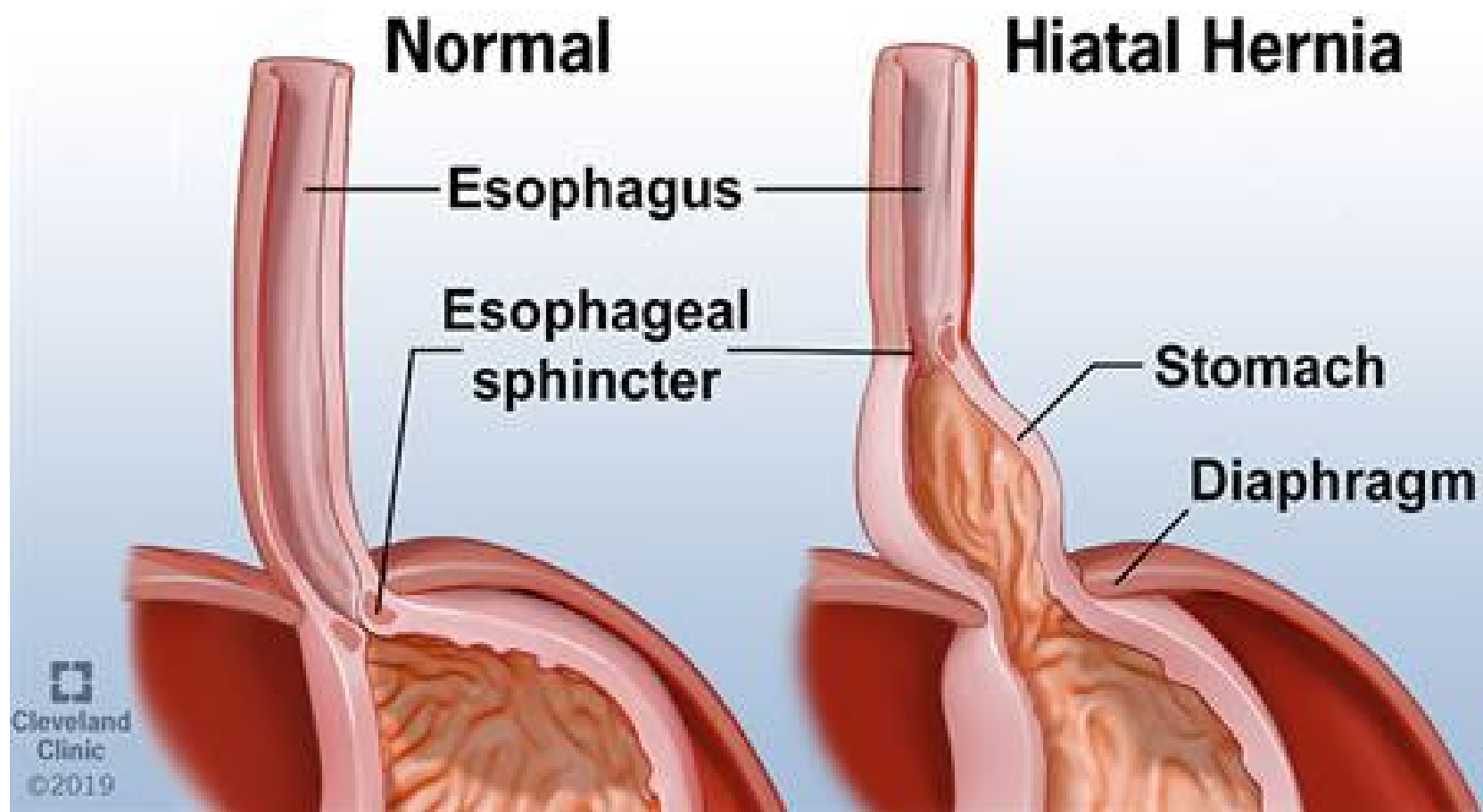
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# Terms

- Heartburn
- Regurgitation
- Reflux
- Gastroesophageal Reflux Disease (GERD)

## Causes of Acid Reflux





# Treatment

# GERD Treatment

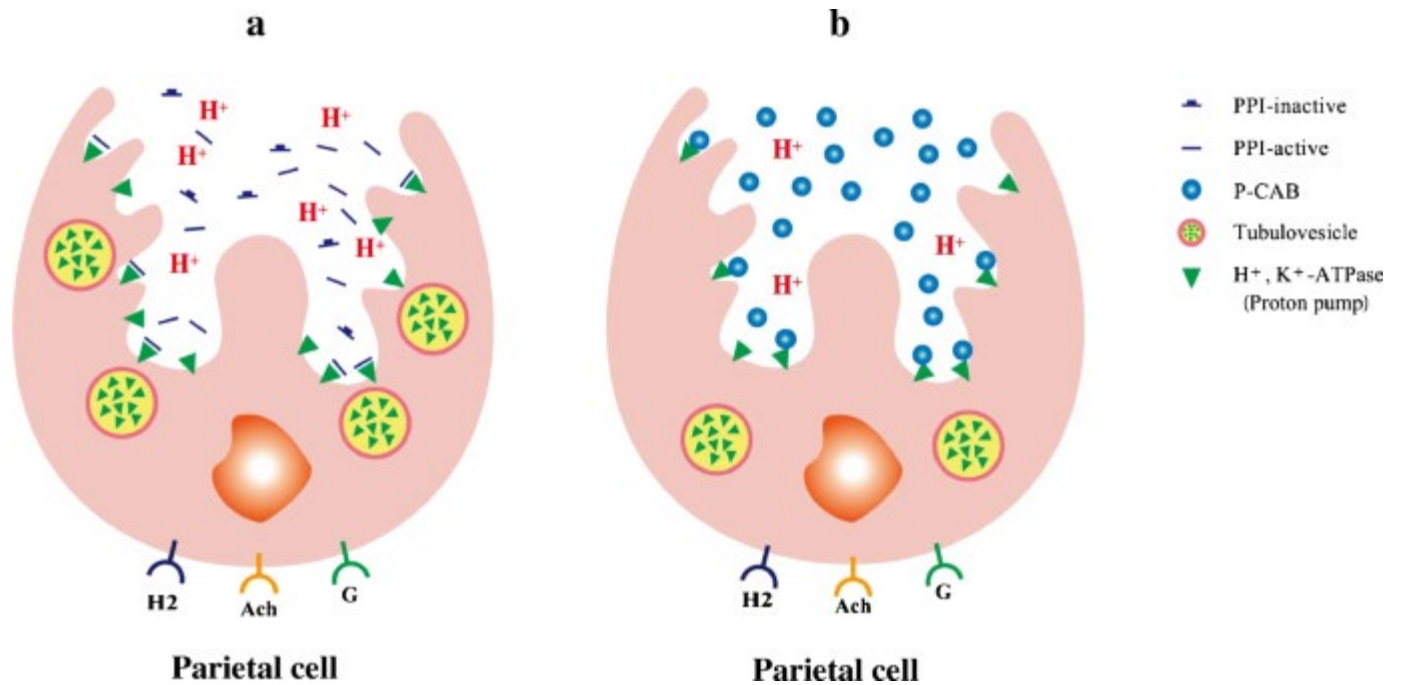
## Medications

- Antacids
- Histamine-2 Receptor blockers
- Proton Pump inhibitors
- Alginate
- Future? P-CAB

## Surgery



# Parietal cell / Proton Pump



Shibli F. et al Novel Therapies for Gastroesophageal Reflux Disease: Beyond Proton Pump Inhibitors. *Curr Gastroenterol Rep* 22, 16 (2020).

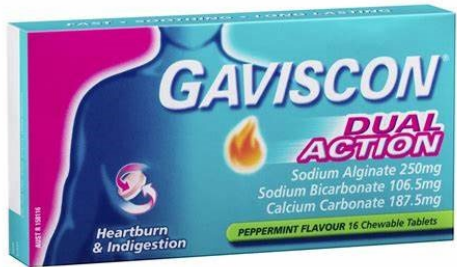
# Medication

## Medications

- Antacids
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- Future? P-CAB

## Surgery

## Alginate



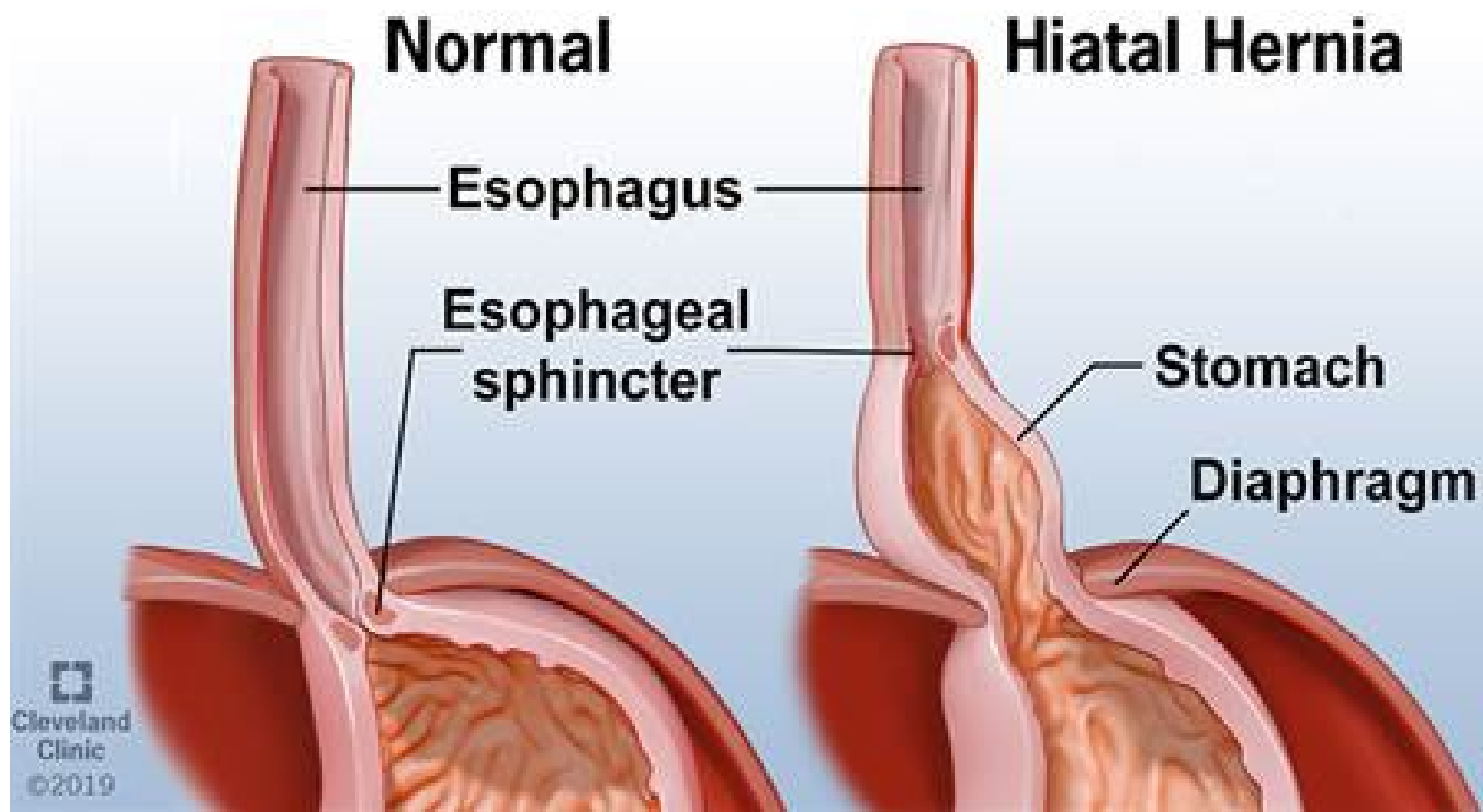
[swim-raft.jpg \(1920x1200\) \(nydock.com\)](#)

## Treatment - nonmedical

### Avoidance of triggers

- Diet
  - Spicy, acidic foods
  - Alcohol
  - Caffeine
  - Chocolate, mint, licorice
- Lifestyle
  - Tobacco
  - Upright 2-3 hours after eating
  - Elevate head of bed
  - Optimize weight





# Medications

- Proton pump inhibitors ( -prazole)
  - Omeprazole/Prilosec
  - Esomeprazole/Nexium
  - Pantoprazole/Protonix
  - Rabeprazole/Aciphex
  - Lansoprazole/Prevacid
  - Dexlansoprazole/Dexilant

# Proton Pump Inhibitors

- Proton pump inhibitor
    - Best: 30-45 minutes before a meal (most)
    - Side effects:
      - Generally well tolerated
      - Joint pains, headaches, diarrhea
      - Low magnesium, vitamin B12
      - Infections, diarrhea
    - Controlled-trial – Pantoprazole v. placebo
      - No increase in chronic kidney disease, dementia, pneumonia, cardiovascular events, clostridium difficile
      - Increase in intestinal infections
- (Moayyedi P et al. Gastroenterology. 2019; 157: 682-691)

# Complications

- Barrett's Esophagus / Esophageal Cancer
- Ulcer
- Stricture
- Extra-esophageal symptoms
  - Laryngopharyngeal reflux
  - Asthma

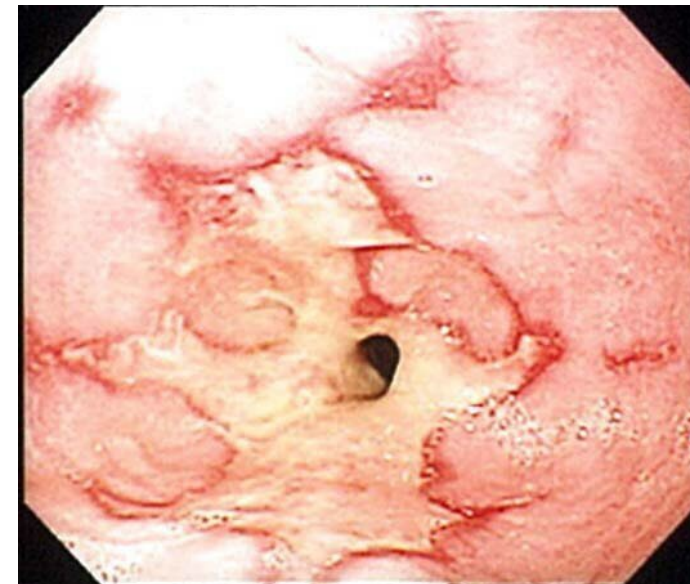
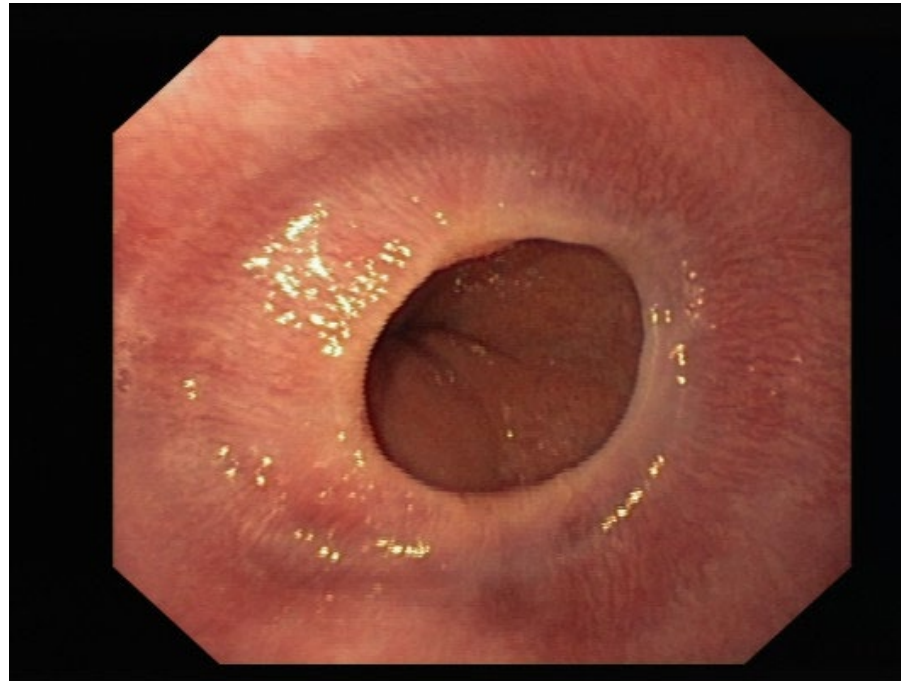


## Schatzki ring

[WEO Endoscopy Atlas: Search Results \(endoatlas.org\)](#)

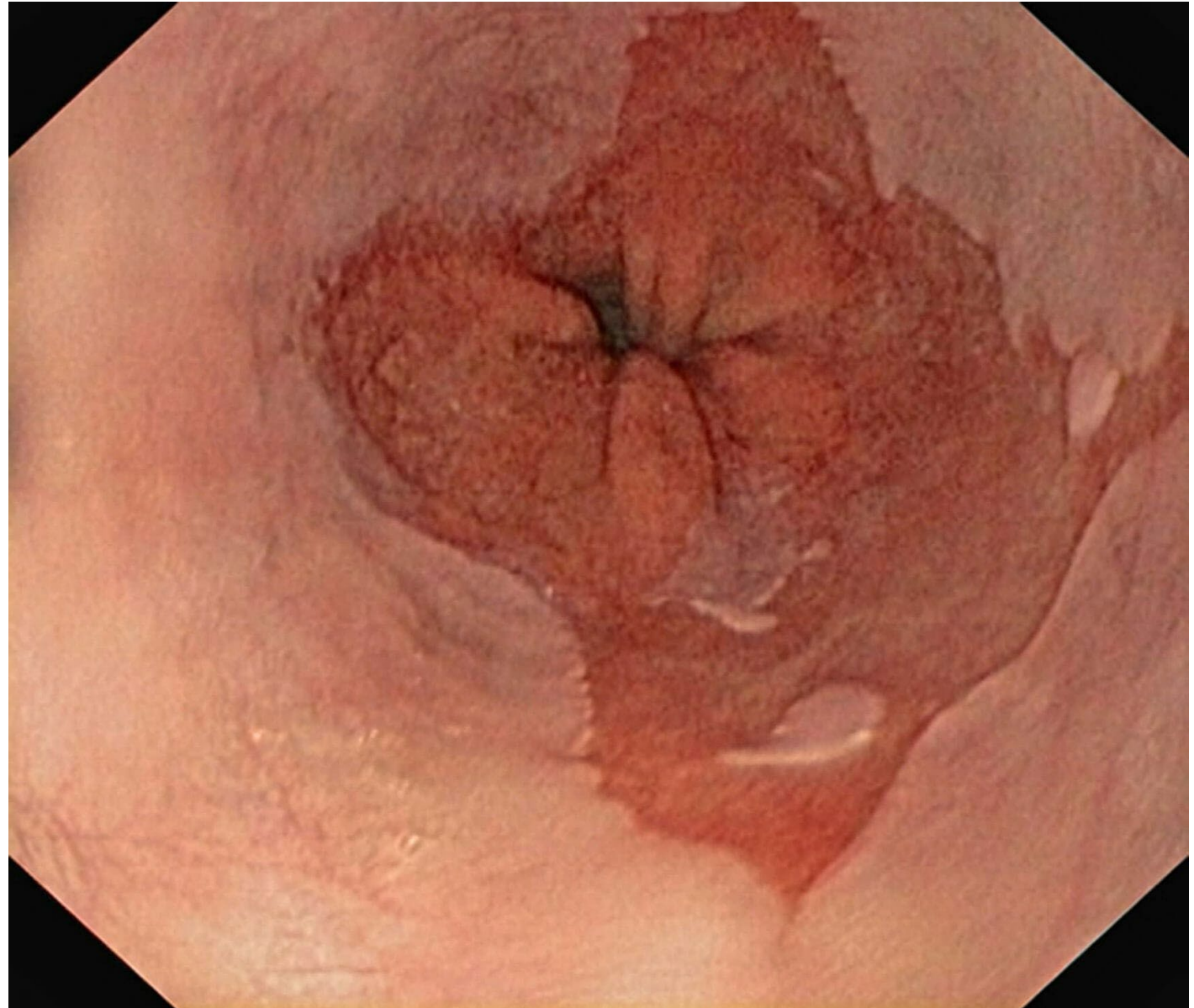
## Peptic Stricture

[Peptic Esophageal Stricture — Inside the Silver Fridge](#)



# Barrett's Esophagus

Barrett Esophagus Recurrence After Complete  
Eradication of Intestinal Metaplasia -  
Gastroenterology Advisor



## Further evaluation

- Routine screening for Barrett's
  - Chronic GERD +
  - 3+ risk factors – male, Caucasian, obesity, tobacco smoking, family history of Barrett's
- Diagnostic evaluation for additional features
  - Swallowing trouble
  - Weight loss
  - Bleeding
  - Anemia
  - Family history of GI cancer







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