

GP BULLETIN: A NEWSLETTER FOR GPs BY HEALTHWAY MEDICAL



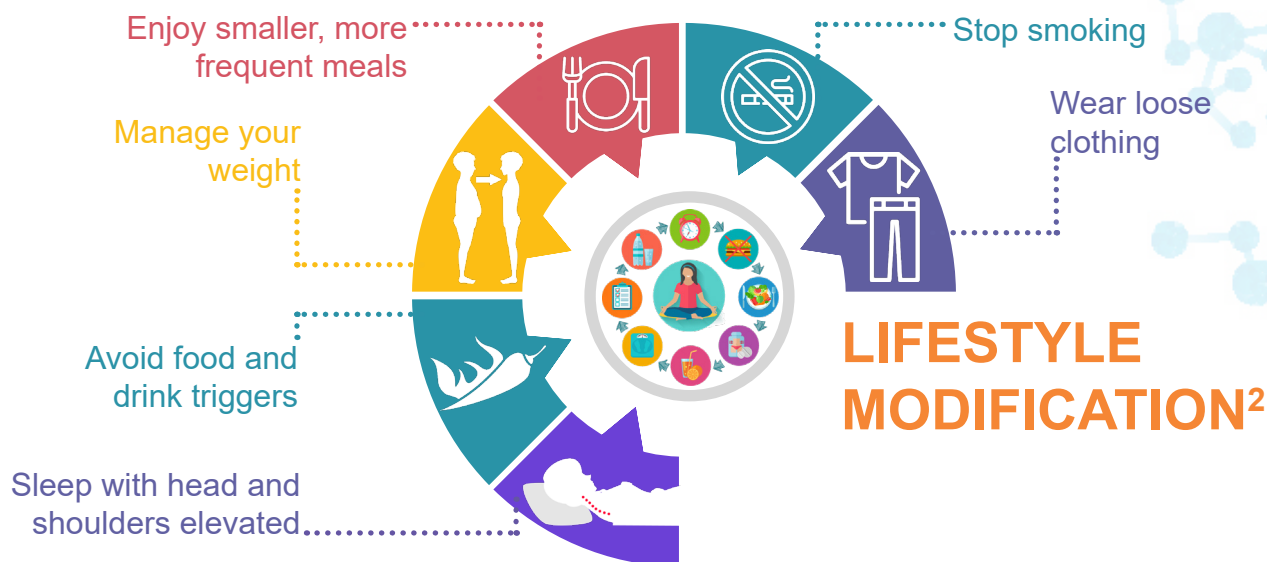
MANAGEMENT OF GASTROESOPHAGEAL AND EXTRA-ESOPHAGEAL REFLUX DISEASE

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Proton Pump Inhibitors (PPIs) are the mainstay of management of gastroesophageal reflux disease (GERD). However, 10-40% of patients with GERD are non-responsive to PPI therapy.¹



PATIENTS UNRESPONSIVE TO PPI THERAPY	Extra-esophageal GERD ³	Confirmed GERD ¹	Reflux hypersensitivity ¹	Functional heartburn ¹
	<ul style="list-style-type: none">Longer duration of PPI therapy of 6-8 weeksExclude other diagnosesReflux investigations in refractory cases	<ul style="list-style-type: none">FundoplicationMagnetic sphincter augmentation	<ul style="list-style-type: none">NeuromodulationCognitive behavioural therapyPharmacotherapy: H2 antagonists, prokinetics, baclofen	<ul style="list-style-type: none">NeuromodulatorsPsychotherapy



Key messages:

- Lifestyle modifications play an important role in treatment of patients with reflux associated symptoms.²
- Treatment options for PPI unresponsive GERD include surgical, endoscopic, pharmacology and psychologic therapies.¹

References

- Yadlapati R, Vaezi MF, Vela MF, et al. Management options for patients with GERD and persistent symptoms on proton pump inhibitors: recommendations from an expert panel. *Am J Gastroenterol*. 2018 Jul;113(7):980; 2. Gillson S. How heartburn is treated. [Internet] Available at: <https://www.verywellhealth.com/heartburn-treatments-1742754>. Accessed 28 May, 2021; 3. Vaezi MF, Katzka D, Zerbib F. Extraesophageal symptoms and diseases attributed to GERD: where is the pendulum swinging now?. *Clin Gastroenterol Hepatol*. 2018 Jul 1;16(7):1018-29.

Strictly for health care professionals only. Full prescribing information is available upon request.

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