

Acid flows back from the stomach into the esophagus and may reach the vocal cords and lungs causing tissue damage.

Symptoms

Heartburn – burning sensation in center of chest, Acid taste in the throat

Other symptoms:

- Stomach or nonburning chest pain
- Painful or difficult swallowing
- Persistent hoarseness or sore throat
- Chronic cough
- New onset asthma or asthma just at night
- Regurgitation of food
- Lump in throat
- Worsening dental disease
- Recurrent pneumonia or sinusitis
- Waking up with a choking sensation

Symptoms to tell your doctor:

- Food getting stuck in your esophagus
- Unexplained weight loss
- Chest pain
- Choking
- Blood in stools

Diagnosis

History and physical
Therapy trial
Endoscopy
Barium Swallow
24 hour Esophageal pH study
Esophageal Manometry



Complications

- Ulcer
- Stricture
- Lung or Throat problems – sore throat, aspiration pneumonia, bronchiectasis
- Barretts esophagus – premalignant condition due to chronic acid exposure
- Esophageal cancer – two types - squamous cell or adenocarcinoma (only adenocarcinoma is associated with GERD)

Treatment

- Quit smoking
- Avoid caffeine, peppermint, chocolate, alcohol, acidic or fatty foods
- Avoid late meals – do not lie down for 2-3 hours after a meal
- Weight loss
- Raise the head of the bed 6-8 inches
- Avoid tight fitting garments
- Promote salivation with gum or lozenges
- Eat smaller meals
- Review medications that may contribute

Medications:

- Over the counter antacids
- H2 antagonists
- Proton pump inhibitors

Surgical treatment: Laparoscopic nissen fundoplication

Experimental approaches during endoscopy:

- Applying radiofrequency energy to the lower esophageal sphincter
- Injecting chemicals into the lower esophageal sphincter

More Information

<http://www.acg.gi.org>
<http://www.nlm.nih.gov/medlineplus>
<http://www.gastro.org>



胃酸从胃内反流入食管，可能到达声带或肺部，从而造成组织损伤。

症状

灼热感-胸骨下端有灼热感；喉部反酸

其他症状:

- 胃痛，无灼热感的胸痛
- 吞咽痛或吞咽困难
- 长时间的声音嘶哑或咽喉疼痛
- 慢性咳嗽
- 新发生的哮喘发作或夜间哮喘发作
- 食物反流
- 喉部淋巴结肿大
- 龋齿
- 肺炎或鼻窦炎
- 醒来时有窒息感

如果有下列症状请告诉你的医生:

- 食物卡在食管中
- 没有原因的体重减轻
- 胸痛
- 窒息
- 血便

诊断

病史和生理
反复治疗
内窥镜检查
钡餐检查
24小时食管pH值监测
食管测压术

并发症

- 溃疡
- 食管狭窄
- 肺部和咽喉问题-咽喉疼痛，吸入性肺炎，支气管扩张
- Barrett食管-癌变前的一种状况，由长期胃酸反流造成
- 食管癌-两种类型：鳞状上皮细胞癌和腺癌（只有腺癌与胃食管反流症有关）

治疗

- 戒烟
- 避免咖啡，辛辣，过甜，酒精，酸性及油腻食物的摄入
- 按时吃饭-饭后2-3小时不要躺下
- 减轻体重
- 睡觉时，抬高床头6-8英尺
- 不穿过紧的衣服
- 嚼口香糖或止咳糖刺激唾液分泌
- 少食多餐
- 了解对治疗有用的药物

药物:

- 非处方抗酸药
- H2受体阻断剂
- 质子泵抑制剂

手术治疗:腹腔镜nissen胃底折术

实施内镜时的试验性治疗:

- 在食管下端的括约肌上放入一个射频物质做辐射治疗
- 注射治疗用化学物质到食管下端括约肌