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Comparison of endoscopic data, clinical symptoms and risk factors in Gastroesophageal reflux disease and Barrett's esophagus

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Summary

Background. The most important pathogenicity factor in the development of Barrett's esophagus is Gastroesophageal reflux disease (GERD). However, only a small proportion of patients with reflux disease have a Barrett's esophagus (BE), which is the only known precursor of the esophageal adenocarcinoma. It is therefore even more important to identify the inherent clinical manifestations and potential risk factors for the development of these diseases.

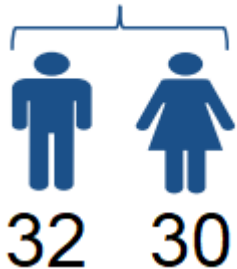
Aim:

- compare the relationship between GERD and BE endoscopic deposits and clinical symptoms using the GERDQ;
- assess the relationship of their endoscopic findings with common risk factors such as age, adiposity and smoking;
- consider their relationship with the size of hiatal hernia.

Methods. Patient survey was performed in time period from March to August of 2020. 62 patients with reflux esophagitis or Barrett's esophagus were invited to participate in the study after gastroduodenoscopy and signed informed consent.

Results

62 patients



Age 27-91 (median 61.33)

62 patients

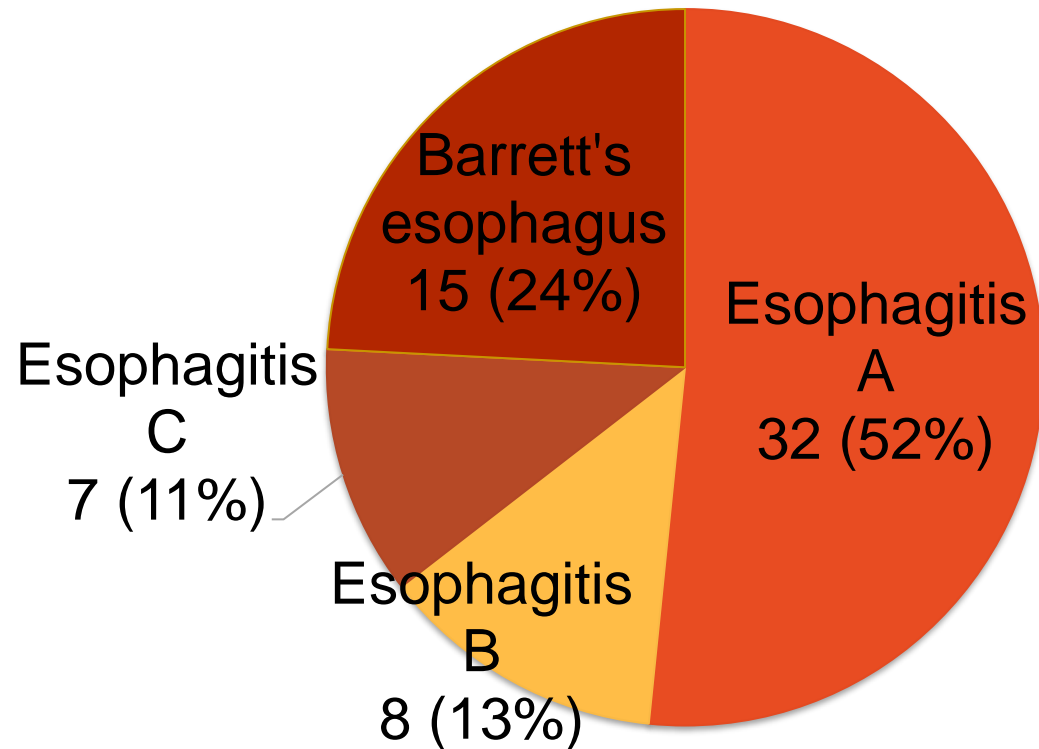
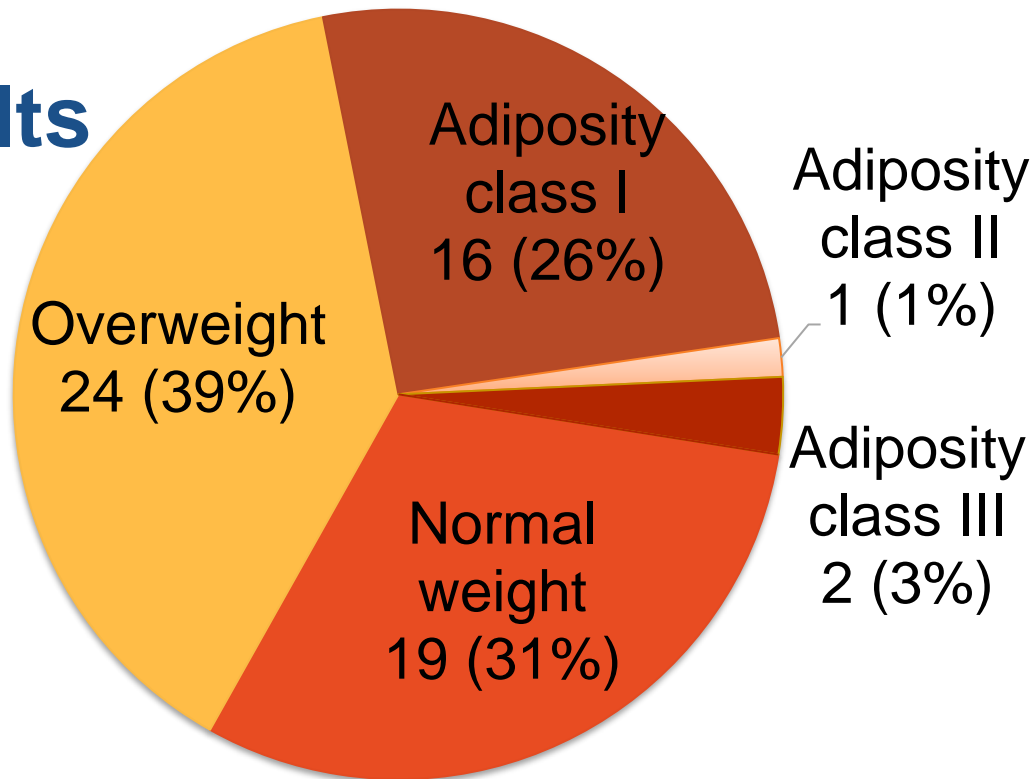


Symptoms	Answer	Esophagitis			Together	Barrett	p value
		A	B	C			
Heartburn	Yes	17	8	2	27	4	0.01
	No	15	0	5	20	11	
Regurgitation	Yes	21	8	3	32	1	0.025
	No	11	0	4	15	14	
Epigastric pain	Yes	20	4	0	24	2	0.01
	No	12	4	7	23	13	
Nausea	Yes	12	4	0	16	1	0.05
	No	20	4	7	31	14	
Disturbed sleep due to symptoms of GERD	Yes	4	6	2	12	3	0.9
	No	28	2	5	35	12	
Additional medicine	Yes	9	4	2	15	0	0.025
	No	23	4	5	32	15	

- 93.3% of BE patients had hiatal hernia, 2 cm- 6 cm.



Results



	Symptoms				p value
	Heartburn	Regurgitation	Epigastric pain	Nausea	
< 50 years old	7	7	4	4	0.01
≥ 50 years old	22	24	21	16	
Men	14	10	8	8	0.025
Women	15	21	17	12	
Normal BMI	15	20	16	15	0.01
Adiposity	7	7	4	4	

Conclusion

- Esophagitis A and B were more common than C and D (5.7:1).
- BE was 4 times more common in men.
- 93.3% of BE patients had hiatal hernia.
- BE on average was diagnosed at the age of 54.33.
- Patients with small esophageal defect complained more frequently about the typical symptoms of GERD, such as heartburn, regurgitation, epigastric pain, nausea.