

# Approach to GERD and Dysphagia

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# Case 1

- Mr AR 77 year old Indian gentlemen presented initially with reflux symptoms initially around 2014
- He was negative for H.pylori and started in PPI

PMHx: Hypertension, Diabetes and Dyslipidemia

Meds: Aspirin Gulvumet

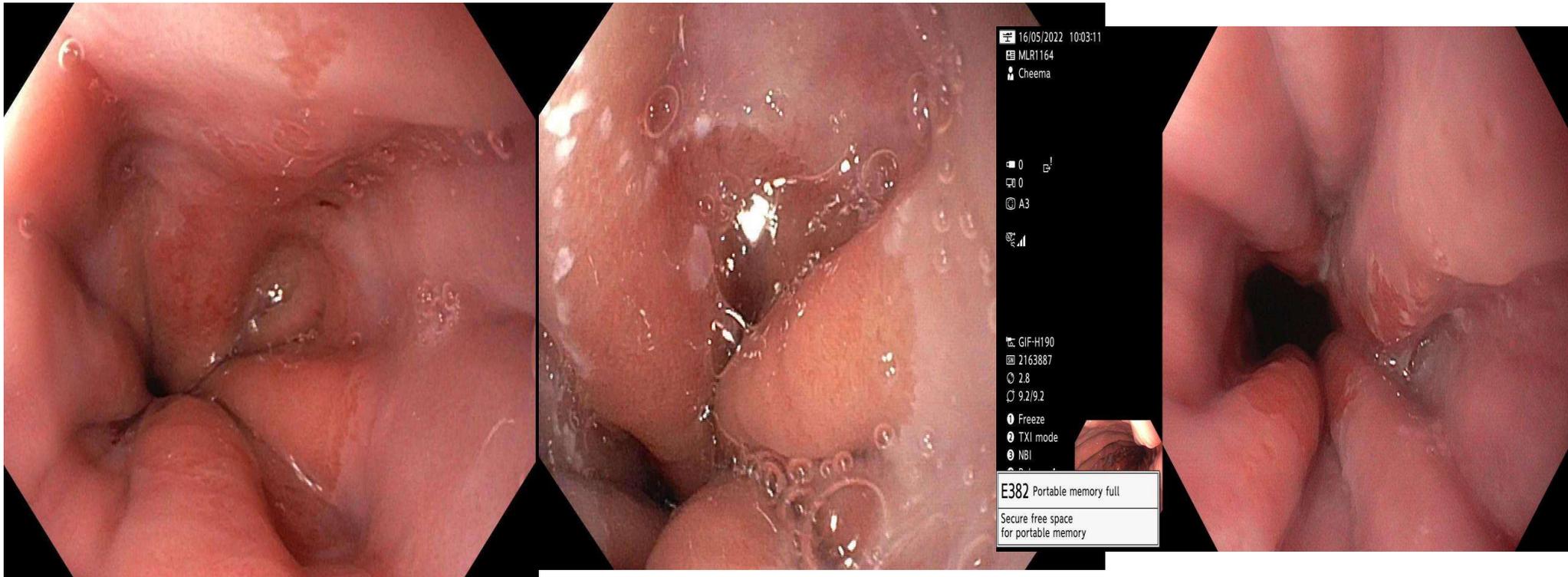
Social: Ex smoker 20 pack years

- He was referred for gastroscopy due to ongoing symptoms

2016

2018

2022



- Presented again with worsening symptoms in 2024 and PPI this time was not helping
- On further history of previous treatments he would take his PPI regularly every morning for the 1<sup>st</sup> 2 weeks and when his symptoms improve stop taking them and stop it.

2024



1



2



3

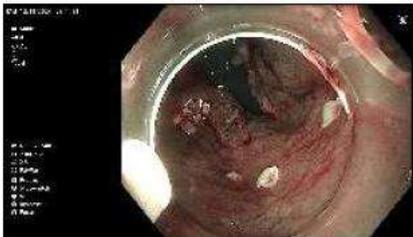
**SPECIMEN 6 of 10**

**GASTRO-OESOPHAGEAL JUNCTION NODULE BIOPSY**

**- AT LEAST INTRAMUCOSAL ADENOCARCINOMA**

**- HER2 NEGATIVE BY FISH**

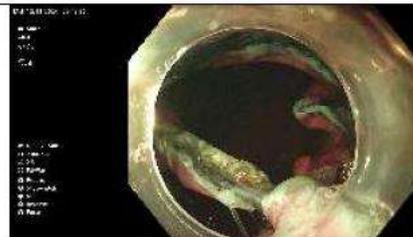
Signed by: Dr Jamie Bishop, Consultant Pathologist (12/09/2024 5:18:15 PM)



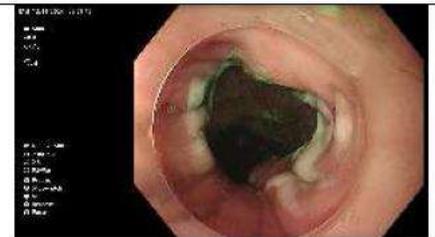
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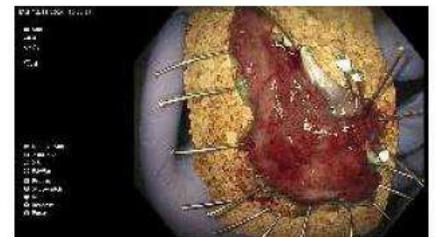
6 Lower Third of the Oesophagus



7 Gastro-oesophageal Junction: Final cut



8





**1** Lower Third of the Oesophagus

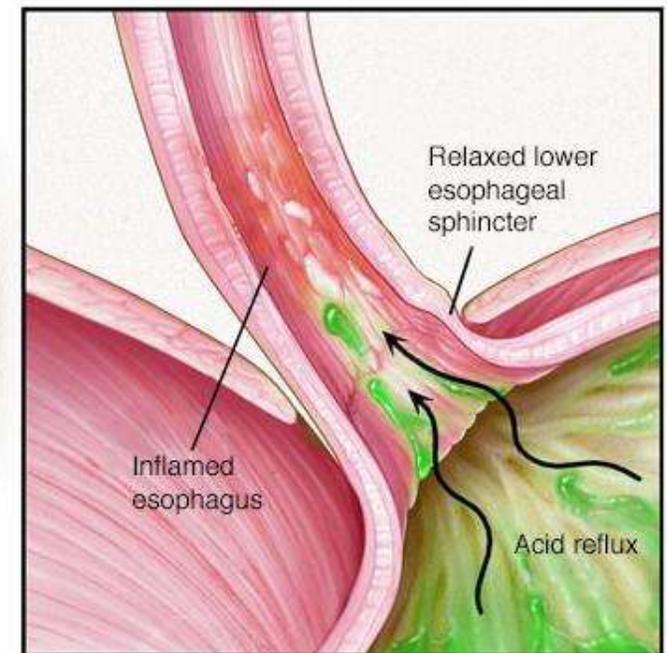


**2** Lower Third of the Oesophagus

# GERD

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- Gastroesophageal reflux disease (GERD) is a chronic medical condition caused by the flow of contents from the stomach upwards into the esophagus resulting in both symptoms and complications.
- The most common symptoms of GERD are heartburn and regurgitation. Heartburn is a burning sensation in the chest behind the breastbone.
- Regurgitation is a feeling of fluid or food coming up into the chest. Many people experience both symptoms; however, some patients can have one without the other.



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# Clinical manifestation

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- A burning sensation in the chest, often called heartburn. Heartburn usually happens after eating and might be worse at night or while lying down.
- Backwash of food or sour liquid in the throat.
- Upper belly or chest pain.
- Trouble swallowing, called dysphagia.
- Sensation of a lump in the throat.

If you have nighttime acid reflux, you also might experience:

- An ongoing cough.
- Inflammation of the vocal cords, known as laryngitis.
- New or worsening asthma.