Proposal: Acid Reflux -- How to Effectively Recognize and Treat This Wide Spread Disease

Contributors:

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Significance: The many forms of acid reflux disease are becoming a large problem in the United States. When broadly defined as at least weekly acid regurgitation, the prevalence of acid reflux in western countries is anywhere from 10 to 20\%\(^1\). People who have the disease experience symptoms including throat pain, globus sensation, hoarseness, and excessive throat clearing\(^2\). As a result, acid reflux significantly decreases the quality of life, and symptomatic gastro-oesophageal acid reflux is actually the strongest known risk factor for adenocarcinoma\(^3\). Due to the high prevalence of this disease and its ability to not only cause daily discomfort in patients but to also lead to cancer, it is important for primary care physicians to know how to identify and treat acid reflux. The goal of this presentation will be to enable primary care physicians and family practitioners to recognize and provide efficient, comprehensive treatment for most forms of acid reflux disease.

Audience: The audience of this presentation is primary care physicians and family practitioners. The information we give will help them in better handling patients with acid reflux disease in the future.

Learning Goals: Upon completion of this activity, participants should be able to:

1) Recognize possible risk factors and symptoms for acid reflux disease
2) Suggest possible lifestyle modifications and advise patients in achieving such changes
3) Suggest a relevant pharmacological approach if necessary

References:

