Update on gastroesophageal reflux disease (GERD): non-pharmacological treatment

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1. Does non-pharmacological treatment produces results in gastroesophageal reflux disease (GERD)?
   a. Elevating the head of the bed at night reduces esophageal acid exposure.
   b. Reducing alcohol consumption improves GERD.
   c. Resolution of obesity is followed by resolution of GERD.
   d. Physical activity is not a protective factor for GERD.

2. What are the indications for surgical treatment of GERD?
   a. Esophageal dysmotility.
   b. Hiatal hernia > 2 cm and fixed.
   c. Erosive esophagitis.
   d. Presence of associated risk factors, such as smoking and obesity.

3. When to indicate clinical versus surgical treatment?
   a. Surgical treatment in patients with erosive disease.
   b. Surgical treatment in high-pressure zones of the lower esophageal sphincter.
   c. Surgical treatment in cases of Barrett’s esophagus.
   d. Surgical treatment in patients refractory to acid suppression.

4. Among patients with surgical indication, which is the technique presenting the best result: total (Nissen) or partial (Toupet) fundoplication?
   a. Nissen produces less dysphagia.
   b. Toupet produces better results.
   c. Nissen produces more dysphagia.
   d. Toupet produces worse results.

5. Regarding diet and GERD, it is true that:
   a. Sweets and white bread consumption is a protective factor.
   b. Protein consumption is a protective factor.
   c. High fat diet increases the reflux.
   d. Fruit and fiber consumption is a protective factor.

Responses to Clinical scenario: update on gastroesophageal reflux disease (GERD): drug therapy

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1. The test performed with esomeprazole 20 mg results in a sensitivity of 79% (Alternative B).
2. In pyrosis lansoprazole 30 mg is similar to omeprazole 20 mg (Alternative C).
3. Rabeprazole 10 mg in two intakes increases the severity of the symptoms (Alternative A).
4. Nocturnal association of ranitidine to PPI aids to the control of gastric acidity (Alternative B).
5. In patients who are HP positive, the use of omeprazole 20 mg for seven years produces glandular atrophy (Alternative A).