

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

ALOISIO CARVALHAES, JAIME NATAN EISIG, TOMÁS NAVARRO RODRIGUEZ, WANDERLEY MARQUES BERNARDO

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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**).