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Gastroesophageal reflux disease: Recognition, diagnosis, and treatment as seen by a non-esophagologist

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Gastroesophageal reflux is a condition that occurs when gastric [gastroesophageal reflux disease (GERD)] or gastroduodenal (EDRD) content refluxes into the esophagus. Depending upon the degree to which duodenal secretions contaminate, the gastric refluxate the refluxed material can be acidic (pH less than 4 for gastric reflux), mildly acidic (pH ranging between 4 but <7, mildly ascitic), or alkaline (pH greater or equal to 7). The patient's symptoms are a reflection of the degree of tissue inflammation plus or minus tissue injury (erosions or ulceration) produced rather than the specific nature of the refluxed material. Continued uncontrolled/chronic reflux leads to the complications of gastroesophageal reflux disease GERD/GDRD consisting of inflammation that can progress to erosions, ulcerations, or scarring (stricture), mucosal metaplasia (Barrett's esophagus) or adenocarcinoma. GERD is a common disorder with world prevalence that somewhat between 10 and 30% of the population being less commonly seen in Asia as compared to Europe or America. Clinical GERD is estimated to be seen in 7% of the population is manifested as heartburn and accounts for 4% of the visits to primary care physicians and is the most common reason for referral to gastroenterologist.

Biography

David Van Thiel is a Gastroenterologist in Berwyn, Illinois. He is affiliated with multiple hospitals in the area, including Rush Oak Park Hospital and Rush University Medical Center. He completed his Medical degree from David Geffen School of Medicine at UCLA and has been in practice for 39 years. He is one of the 21 doctors at Rush Oak Park Hospital and one of 25 doctors at Rush University Medical Center who has specialization in Gastroenterology. He completed his Graduation from University of California at Los Angeles. He has obtained board certification from the member board for Internal Medicine and Hepatology.

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