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Study of correlation between gastroesophageal reflux disease (GERD) and myofascial pain dysfunction syndrome with cervical pain

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Gastroesophageal reflux disease (GERD), is defined as involuntary muscle relaxing of the lower esophageal sphincter, which allows refluxed acid to move upward through the esophagus into the oral cavity. Complications of GERD are regurgitation, chest pain, esophagitis, esophageal adenocarcinoma, cough, asthma, and dental erosion and buccal pain. In my thesis on myofascial pain dysfunction syndrome (MPDS) and cervical pain, we came across with the patients who used to complain of vague symptom of hyperacidity in from of retrosternal burning and belching. We decided to concentrate on these patients, who had symptom of hyperacidity. In continuation of thesis work, we took additional 30 patients those having complaints of i.e. MPDS, cervical pain and hyperacidity and they were referred to Gastroenterologist for his opinion. Gastroenteroscopy was performed on all 30 patients and 18 patients had evidence of GERD. They were treated by Gastroenterologist by conventional proton pump inhibitor along with combination of both exercise and LASER therapy or alone. These patients advised not to take nonsteroidal anti-inflammatory drugs, as it would further cause hyperacidity and enhance the problem. As per advised by Gastroenterologist, medication was given for 2 months and our pain management module was for 1 month with 1 month follow up. At the end of 2 months, these patients were symptom free. In conclusion, it is postulated that GERD could be the precipitating factor for neck pain and MPDS and it should be kept in mind and it is imperative that they are not given ANSAID'S. On the contrary, they should be treated with physical therapy and PPI.

Biography

Smriti Jagdhari Golhar is working as an Assistant Professor in Department of Oral Medicine and Radiology, Vidhya Shikshan Prasarak Mandal's Dental College and Research Institute, Nagpur, Maharashtra. She has published her research work and case reports in international and national journals. Her extensive research focuses on myofascial pain dysfunction syndrome and cervical pain, morphological type of soft palate in obstructive sleep apnoea patients, awareness of oral cancer in general population and role of astaxanthin in the management of oral submucous fibrosis. She has reviewed research articles in esteemed journals.

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