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The last 5 years and the next 5 years : Gastro-esophageal reflux disease (GERD), an update

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The incidence of GERD is progressively increasing all over the world, even within the paediatric age groups. It is highest among infants and older female adolescents. Children with neurological impairments and other co-morbidities are at increased risk. It was diagnosed in 12.3% of North American infants and in 1% of other paediatric age groups. There is obviously a major effect on the daily life of caregivers and on health care costs which have been estimated to be US \$2386 per patient per 6 months (2009 estimate). Over the past 5 years, significant changes have been increasingly developing and reshaping not only the way we should treat GERD, but also new definitions, methods of diagnosis, aetiologies contributing to the pathology, guidelines from specialist bodies, research studies looking for evidence and even newly discovered side effects of the traditional treatments. Through this presentation, I'll share with the audience both the raw and ripe fruits of recent experts' work, especially those developments supported with robust evidence, both at clinical and research levels. From directions of labs and clinical trials to trends of practice in tertiary centres, I'll extend the presentation to explore as well the seeds of future management of GERD expected in the next 5 years.

Biography

Yasser Negm currently works as a Pediatric Consultant with interest in Pediatric Gastroenterology at Al Zahra Private Hospital, Dubai, UAE. He has 8 years of experience in the field. He is a member of the British Society of Pediatric Gastroenterology, Hepatology and Nutrition. His UK Pediatric Gastroenterology training units in London included Great Ormond Street, King's College, The Royal London and the Royal Free Hospitals. He completed his training in Pediatrics in 2012, as recognised by the Royal College of Paediatrics and Child Health and the General Medical Council. During his work in the Pediatric Gastroenterology unit at Great Ormond Street Hospital, he won the prize of the Most Outstanding Lecturer of the year 2010.

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