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Endoscopic finding of minimal change esophagitis and its role in the diagnosis of NERD patients

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Background: Gastro esophageal reflux disease (GERD) is the reflux of gastric contents into the esophagus, leading to esophagitis, reflux symptoms sufficient to impair the quality of life, and increased risk of long-term complications. GERD is divided into erosive (ERD) and non-erosive (NERD) reflux disease, NERD has been regarded as reflux symptoms with the absence of mucosal breaks in the esophagus at endoscopy. However, NERD has been divided into normal and minimal changes based on endoscopic finding.

Objectives: To evaluate the clinical significance of minimal changes at endoscopy and examine whether such changes have diagnostic value in gastro esophageal reflux disease (NERD) or not.

Methods: 60 patients were recruited in this study, they were divided into 2 groups, Group I: Included 30 patients with GERD symptoms in form of heartburn and/or regurgitation more than twice a week with minimal duration of 8 consecutive weeks and troublesome symptoms affecting the daily life activities who were identified by specific questionnaire but negative mucosal breaks at upper GI endoscopy (NERD) as patient group. Group II: Included 30 patients without GERD symptoms attending for upper GI endoscopy for any other reason as a control group. Both of them were subjected to full history taking. Full clinical examination with special stress on BMI (weight/height); (normal 19-25 and over weight >25); and diagnostic upper GI endoscopy by expert endoscopists after patient consent was done.

Results: We identified two of the six minimal changes in esophagitis endoscopically as being more common in the patient group with GERD symptoms compared with the other findings which are erythema and white turbid discoloration.

Conclusion: According to our study, there is no clinical relevance in the diagnosis of NERD depending on endoscopic minimal change esophagitis.

Biography

K Abdelwali completed his MBCh in 2005, Faculty of Medicine, Assuit University and then worked in Assuit University Hospital for 1 year, after that he started working in Manshyet Elbakry Hospital in Cairo, Egypt in the Department of Gastroenterology and Liver Diseases, and then a part time Physiology Lecturer in Misr International University. He finished his Diploma in Internal Medicine in 2014 at Ain Shams University, Egypt. He moved to the Department of Gastroenterology and Liver Diseases in "Sheikh Zayed Al Nahyan" General and Specialized Hospital, Cairo. Now, he is resident in the Department of Gastroenterology and Liver Diseases, Ibn Sina University Hospital, Rabat, Morocco.

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