

GERD Case Study: High dose PPI with Hiatal Hernia

Demographics:

Age: 73 years
 Gender: Female
 BMI: 22.9
 GERD duration: 7 years
 PPI use: 5 years
 Pre-Procedure PPI use:
 Esomeprazole 40mg/day

Patient History: This 73 year old female experienced severe GERD symptoms including regurgitation, sore throat, cough and a sour taste in her mouth. She also followed a restricted diet and needed to sleep with her head elevated or sitting up due to her GERD. She had a hiatal hernia of 2cm.

Procedure:

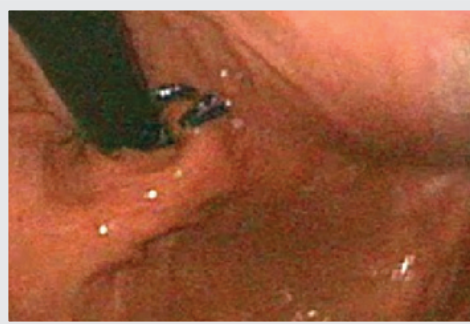
Pre-Procedure	6 month follow-up
Esophagitis Grade A, abnormal gastroesophageal junction (GEJ) anatomy confirmed by endoscopy; Gastroesophageal Valve (GEV) Hill Grade II	No Esophagitis present GEV Hill Grade I
Patient had a 2cm hiatal hernia confirmed by barium swallow	No hiatal hernia is present
PPI daily	No PPI usage after the EsophyX procedure
Percent time pH <4 = 7% DeMeester Score: 23.7	Percent time pH <4 = 4%, a 20% improvement, pH normalized DeMeester Score: 21.5
GERD symptoms: Slept with head of bed elevated or sitting up, 2 pillows, unable to exercise after eating	Sleeps flat with only one pillow, can exercise after meals
GERD-HRQL assessment was done, and patient was “unsatisfied” Score 35 out of 45	GERD-HRQL score improved by 100% and patient is “satisfied” Score 0 out of 45

Fig. 1



Pre-Procedure pH GEV

Fig. 2



6 months Post-Procedure GEV

Conclusion: Patient had very severe GERD and a hiatal hernia. Despite double dose PPIs, GERD symptoms of heartburn, regurgitation, coughing, and sore throat still persisted. She presented with esophagitis and poor abnormal GEJ and GEV anatomy. After the EsophyX ELF procedure, she has no esophagitis and has a Hill Grade I valve with no hiatal hernia. All her symptoms were resolved and patient can eat, drink and sleep normally. The EsophyX procedure changed this patients life as documented by a 100% improvement in GERD-HRQL quality of life score.