

GERD Case Study: Improved pH

Demographics:

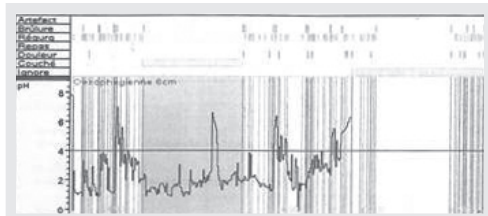
Age: 25 years
 Gender: Female
 BMI: 25.8
 GERD duration: 10 years
 PPI use: 9 years
 Pre-Procedure PPI use:
 Esomeprazole 20mg/day

Patient History: This 25 year old female was experiencing severe GERD symptoms including regurgitation, sore throat 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. Symptoms were confirmed by the results of her Bravo pH test, which demonstrated a pH of less than 4 for 67% of the time.

Procedure:

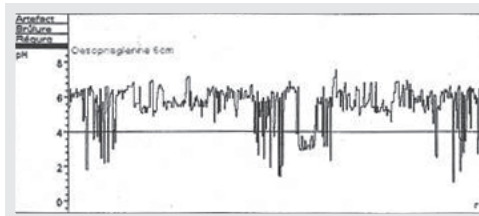
Pre-Procedure	6 month follow-up
Esophagitis Grade A, abnormal gastroesophageal junction (GEJ) anatomy confirmed by endoscopy; Gastroesophageal Valve (GEV) Hill Grade IV	No Esophagitis present GEV Hill Grade I
PPI daily	No PPI usage since one week after the EsophyX procedure
Percent time pH <4 = 67% DeMeester Score: 21.8	Percent time pH <4 = 1.8%, a 97% improvement, pH normalized DeMeester Score: 6.8
GERD symptoms: Regurgitation, sore throat and sour taste	Symptoms no longer present
GERD-HRQL assessment was done, and patient was “unsatisfied” Score 27 out of 45	GERD-HRQL score improved by 93% and patient is “satisfied” Score 2 out of 45

Fig. 1



Pre-Procedure pH measurement

Fig. 2



6 months post procedure pH measurement

Conclusion: Patient had severe GERD since age 15. Despite taking PPIs since 16, GERD had a major impact on her quality of life, significantly impacting her sleep, eating habits and exercise. The additional psychological stress of managing her disease from a young age left GERD running her life. Since having the EsophyX ELF procedure, the patient’s life has improved significantly. She does not need PPIs, her abnormal GEJ and esophagitis corrected along with her normalized pH and GERD does not rule her life and food choices anymore. She states that she feels so much better, that she can choose healthier foods, and that she was able to successfully diet and lose 8 kilos. She feels life is finally good for her.