

GERD Case Study: Elimination of PPIs Following TIF Procedure

Demographics:

Age: 39 years
 Gender: Male
 BMI: 22
 GERD duration: 12 years
 PPI use: 12 years first as needed and then daily
 Pre-Procedure PPI use:
 Rabeprazole Sodium 20 mg - 3yr
 Omeprazole Sodium 20mg/ day (twice a day once a week) - 4yr
 Zantac as needed (avg. 1/wk)

Patient History: 39-year-old male was experiencing daily GERD symptoms including regurgitation, a sour taste in his mouth, and persistent throat clearing. He was forced to follow a restricted diet and needed to sleep with his head elevated due to GERD. His concern about his increasing dosage of medications and the likelihood of having to take medications for the rest of his life motivated him to look into surgical options for anatomic correction.

Procedure Details

Procedure time	45 min
Number of fasteners	16
Length of valve created	3 cm
Post-op	Gas discomfort - 5 days Sore throat 3 days



Pre-procedure Endoscopy

Procedure Results

Pre-procedure	4 Month Follow-up
Hiatal hernia - 2 cm	No hiatal hernia confirmed endoscopically
Confirmed with barium swallow	
Restricted diet. Sleep disruption once weekly and elevation of head while sleeping 20% of the time. Quick onset of heartburn with acute regurgitation. Mild trouble breathing when exercising.	Improved sleep, increased energy during the day, less restricted breathing. Diet restrictions unnecessary
1.25 PPI pills daily	No PPI usage since 4 days after EsophyX TIF2 procedure
Gastroesophageal Valve (GEV) Hill Grade IV	GEV Hill Grade I
GERD HRQL = 29	GERD HRQL = 4



Immediately After TIF Showing Tight Valve Created

Conclusion: Patient had GERD for 12 years. At first, PPIs were used as needed, which became daily dosing. As the disease progressed, the patient needed to change medications and dosages to help control symptoms but was still dissatisfied with the impact of the disease on quality of life, including food restrictions, sleep quality, breathing, and general overall energy. The patient was also concerned about the cost and possible long-term effects of a lifetime of taking medications. GERD management became a daily chore and if not managed properly would result in a painful GERD episode. The need to always have GERD medication on hand was stressful. Since having the EsophyX TIF2 procedure, the patient no longer needs PPIs. He commented, “I feel good about discontinuing PPIs, which I otherwise would have had to take for the rest of my life. The long-term side-effects of having to take PPIs were worrisome. I’m glad that is behind me.”