

### **Question 26 – January 30**

A 28 year old woman presents with a 3 month history of nausea, vomiting, epigastric pain, and early satiety. She vomits once a week and the epigastric pain is characterized as severe. Her past medical history is significant for anxiety and depression. She denies preceding viral or food-borne illness triggering her symptoms. On exam, her BMI is 32 and she has moderate tenderness to the epigastric region. Her labs including LFTs, lipase, TSH, HbA1c are normal. EGD was performed and was normal. A 4 hour gastric emptying test showed 35% retention at 4 hours. She was diagnosed with idiopathic gastroparesis.

Which of the following factors in her history is associated with improvement in symptoms at 1 year?

- A. Young age
- B. Anti-depressant use
- C. Obesity
- D. Abdominal pain predominance
- E. Female gender

**Answer: B**

In a recent multi-center study of over 200 patients, factors associated with improvement in symptoms after 48 weeks included male gender, age >50, anti-depressant use, and initial infectious etiology/prodrome. Factors associated with poor response included female gender, age <50, narcotic use, moderate to severe abdominal pain, obesity, smoking, and severe GERD.

### **Reference:**

Pasricha PJ, Yates KP, Nguyen L, Clarke JO, Abell TL, Farrugia G, Hasler WL, Koch KL, Snape WJ, McCallum RW, Sarosiek I, Tonascia J, Miriel LA, Lee L, Hamilton F, Parkman HP. Outcomes and Factors Associated With Reduced Symptoms in Patients With Gastroparesis. *Gastroenterology*. 2015 Dec;149(7):1762-1774