

Question 30 – Week of September 8

Which of the following GERD groups demonstrate the lowest response rate to standard dose PPI?

- A. Barrett's esophagus
- B. Erosive esophagitis
- C. Non-erosive reflux disease with abnormal pH test
- D. Functional heartburn

Answer: D

Subjects with non-erosive reflux have the lowest response rate to PPI as well as the narrowest therapeutic gain as compared to subjects with erosive esophagitis or Barrett's esophagus. However, within the non-erosive reflux disease group, those with normal esophageal acid exposure as determined by ambulatory 24-hour esophageal pH monitoring, termed functional heartburn, have the lowest response rate to PPI once daily.

References:

1. Lind T, Havelund T, Carlsson R, et al. Heartburn without oesophagitis: Efficacy of omeprazole therapy and features determining therapeutic response. *Scand J Gastroenterol* 1997; 32 (10): 974-979.
2. Dean BB, Gano A Jr, Knight K, et al. Effectiveness of proton pump inhibitors in non-erosive reflux disease (NERD). *Clin Gastroenterol Hepatol* 2004;2 (8):656-64.
3. Fass R, Tougas G. Functional heartburn – The stimulus, the pain and the brain. *Gut* 2002;51 (6):885-892.