

Question 9 – Week of August 30

Which of the following is the most common gastrointestinal cause of non-cardiac chest pain?

- A. Achalasia
- B. Diffuse esophageal spasm (DES)
- C. Eosinophilic Esophagitis
- D. GERD
- E. Barrett's esophagus

Answer: D

GERD related chest pain can present like angina pectoris, which is described as a squeezing or burning quality. It is often substernal and can radiate to the back, neck, jaw, and arms. It can last from minutes to hours and is often relieved by antacids. Multiple studies have identified GERD as the most common cause of non-cardiac chest pain and not spastic motility disorders of the esophagus.