

Question 24 – Week of January 21

A 56 year old male complains of upper abdominal pain, suggestive of dyspepsia. He denies any alarm symptoms. What is the next step in management of this patient?

- A. Trial of a PPI
- B. Trial of H2 Blocker
- C. Testing for H. pylori
- D. Upper endoscopy
- E. Observation

Answer: D

Dyspeptic patients more than 55 yr old, **or** those with alarm features (bleeding, anemia, early satiety, unexplained weight loss (>10% body weight), progressive dysphagia, odynophagia, persistent vomiting, a family history of gastrointestinal cancer, previous esophagogastric malignancy, previous documented peptic ulcer, lymphadenopathy, or an abdominal mass) should undergo prompt endoscopy to rule out peptic ulcer disease, esophagogastric malignancy, and other rare upper gastrointestinal tract disease.

Reference:

Talley et al. Guidelines for the Management of Dyspepsia (Am J Gastroenterol 2005;100:2324–2337)