



## *The Medical **Bulletin***

# In Gastroenterology

### **Pearls on GERD and Dyspepsia**

The standard presentations of GERD and dyspepsia, alarm symptoms and who needs referral for endoscopy or other specialized testing (like pH, impedance testing, screening for Barrett's esophagus). Additionally, comprehensively cover proton pump inhibitor (PPI) therapy including: choice of agent, dose, frequency, how taper, how to counsel patients about risk, what labs should be monitored and the use of adjuvant therapies like H2 blockers, antacids and sucralfate. on reflux! Are very important and food habits and position of sleeping after food to be taken care and patients mental stress and associated behavioural factors are important for treating GERD.

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