

Gastro Oesophageal Reflux Disease Now A Common Problem On The Rise

Laparoscopic anti-reflux surgery has been gaining in popularity for the treatment of severe symptomatic gastroesophageal reflux disease" says Dr. Rajsekhar Nayak, MBBS, MS, FRCS Edinburgh UK and FRCS Glasgow UK, Hon Associate Professor, Dept of Surgical Gastroenterology, Bangalore Medical College; Director, Bangalore Institute of Oncology and Founder Director, Nayak Institute of Gastroenterology

Bangalore, Karnataka, March 10, 2008 /[India PRwire](#)/ Laparoscopic anti-reflux surgery has been gaining in popularity for the treatment of severe symptomatic gastroesophageal reflux disease (GERD). One of the most important causes for GERD is changing lifestyle and food habits, stress, long hours of starvation, eating spicy food, smoking and excess alcohol intake. These cause heartburn or regurgitation, cramping pain behind the chest and pressure. GERD is a common problem in the modern world. It involves both the stomach and the oesophagus. The oesophagus (food pipe) is a tube-like structure, about 25 cm long, lying in the chest. Two cm of this tube lies below the diaphragm. The main function of the oesophagus is to transfer food from the mouth to the stomach both by voluntary and involuntary movements. **For more details one can contact on 080 – 6535 1256/ 98450 45758.**

Dr. Rajsekhar Nayak, MBBS, MS, FRCS Edinburgh UK and FRCS Glasgow UK, Hon Associate Professor, Dept of Surgical Gastroenterology, Bangalore Medical College; Director, Bangalore Institute of Oncology and Founder Director, Nayak Institute of Gastroenterology said "If long-term medications fail, laparoscopic fundoplication could be the best alternative. This is done under general anaesthesia, so is relatively painless. Using a trocar (a narrow tube-like instrument), the surgeon gains access to the abdomen through the navel. A laparoscope (a tiny telescope) connected to a camera is inserted through the trocar allowing the surgeon a magnified view of the patients internal organs on a monitor. This procedure is safe because there is only minimal blood loss. So there is no need for blood transfusions. Since the opening is small, there is faster healing. Patient returns to normal health rapidly". Dr. Rajsekhar Nayak is the first surgeon in the Karnataka state to perform this surgery and also holds a record to have performed the highest number of surgeries

Dr. Rajsekhar Nayak further said "The long term medication helps to suppress acids secretion and it is temporarily cured which cannot be guaranteed for a longer time. A patient is considered dependant on the acid suppression medication when he/she gets symptoms immediately on stopping the medication. In such a situation, especially if the person is young, he/ she has to decide between surgery or life long medication. Long duration with acid suppressants again has many serious adverse effects. Existing symptoms, not having any adequate relief in spite of medication for longer duration and have led to severe complications like sore throat and worsening of wheezing or asthma, then it is advisable for the patient to undergo a anti-reflux surgery."

Symptoms

- Painful or burning sensation in the upper abdomen or chest, sometimes radiating to the back (heartburn).
- The acid reflux may reach to the throat which is very sour and can lead to heartburn.

It typically occurs after eating a large or fatty meal e.g. oily food, drinking alcohol and smoking. Lying down, bending over or bending and lifting. Weakness of muscles. Lying on the bed in an elevated position which makes the acid reflux.

The following changes in lifestyle can reduce the risk of developing reflux:

- a) Overweight.
- b) Avoid large, high-fat meals.
- c) Reduce alcohol consumption.
- d) Avoid going to bed immediately as soon as after having the food.
- e) Avoid fizzy (carbonated) drinks.

Dr. Rajsekhar Nayak further said “Now-a-days, GERD patients are at a high risk of food pipe cancer. The cost of drug expenditure for these patients runs into several billions. To prevent GERD from exploding so much, Laparoscopic Anti-Reflux Surgery (Key-Hole Surgery), is the best option. This disease is commonly found amongst patients in the age group from 20-40 years. India is a developing Nation. The changing consumption patterns and lifestyle has increased the number of GERD patients. It is an unpleasant condition and can have a big influence in your lifestyle.”

Gastro-oesophageal reflux is a common condition and frequent cause of indigestion. The food pipe in the human body is designed to prevent the stomach contents from flowing upward - it functions as one-way valve. When the oesophagus is abnormally relaxed, stomach acids flow into the oesophagus and become a ‘two-way’ mechanism. This leads to ‘heart burn’. Heart burn is a burning sensation which a GERD patient can perceive in the lower chest (oesophagus). It happens when the acid reflux from stomach gets in contact with the food pipe which the human body cannot withstand it. If this process continues for a longer period of time, the inner lining of the food pipe becomes inflamed and can lead to oesophagitis, ulceration and bleeding.

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