



Heartburn

Color index :

Important

Further explanation

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Overview :

- ★ **Heartburn** refers to the presence of a burning pain or discomfort in the retrosternal area. relieved usually with Antacids
- ★ **Belching** : acid brash (acid or bile regurgitation)
- ★ **Waterbrash** : excessive secretion of saliva into the mouth may occur, uncommonly, in patients with peptic ulcer disease or oesophagitis.
- ★ **Odynophagia** (painful swallowing, eg from oesophagitis or ulceration).

Differential Diagnosis

- GERD

- ★ Heartburn, Acid regurgitation, dysphagia, wheezes, hoarseness.
- ★ causes are: obesity, Smoking, Alcohol, Pregnancy, Drugs(tricyclics,anticholinergics, nitrates)

- Coronary artery disease :

- ★ Cardiac chest pain is typically substernal, precipitated by exertion, and relieved by rest, ask about: smoking, HTN, dm, Hyperlipidemia

- Achalasia

- ★ Dysphagia is typically prominent.

- Functional esophageal disorder/functional heartburn

- ★ No reliable differentiating signs or symptoms.

- Biliary colic :

- ★ Right upper quadrant or epigastric pain usually increasing in intensity and lasting several hours,
- ★ Risk factors are: 4f → female, forty, fertile, fat

- Peptic Ulcer Disease :

- ★ Burning pain in the epigastrium, which occurs hours after meals or with hunger. The pain often wakes the patient at night and is relieved by food and antacids, History of NSAID use, H.pylori infection

- Nonulcer dyspepsia :

- ★ At least 3 months of recurrent upper abdominal pain, bloating, and nausea, with no obvious structural cause.

- Malignancy :

- ★ Suspected in older adults presenting with alarm symptoms: anemia, acute or progressive dysphagia, hematemesis, melena, persistent vomiting, or involuntary weight loss.

Chief complaint (Heartburn)	
Site Where do you feel the pain? (Ask the patient to point at the site)	Burning retrosternal pain strongly suggest GERD
Onset Gradual or sudden/constant or intermittent	
Character of pain or discomfort What is the pain like? Can you describe it for me?	<ul style="list-style-type: none"> → Sharp → Burning → Tightening. → pressure like pain → stabbing
Radiation Do you feel the pain anywhere else; does it move towards any other site?	If it radiates across your chest down your left arm or into your jaw (suggests MI)
Associated symptoms	
Do you experience a sour/bitter fluid tasting in your mouth?	Acid regurgitation:GERD
Have you experienced the sudden appearance of a salty tasting or tasteless fluid in your mouth?	Waterbrash
Dyspepsia	Many people with acid reflux disease also have a syndrome called dyspepsia. Symptoms of dyspepsia include: Burping, nausea after eating, stomach fullness or bloating, upper abdominal pain and discomfort
Did you noticed any changes in your voice?	Hoarseness :GERD
Have you had trouble swallowing ?	achalasia
Have you had painful swallowing?	Complicate esophagitis caused by chronic GERD
Have you noticed any changes in your weight?	Might indicate cancer
Time How many times a day? A week? How long does it last?	More than once a week is suggestive for GERD
Exacerbating/relieving factors Is the pain relieved by antacids drugs or drinking milk?	GERD

Is taking of those will make the pain better or worse?	Chocolate, alcohol, a fatty meal, citrus fruit, coffee may aggravate GERD symptoms. Medications like, Theophylline, calcium channel blockers and anti-cholinergic drugs lower LES pressure and worsen the symptoms.
Does your heartburn occur after meals or when you lean forwards or lie flat in bed?	GERD
Severity Does it awake you at night?	
PMHx and PSHX	
Similar symptoms ?	
Allergy	
Medication	
Family Hx	
Does anyone of your family members have similar problem?	
Social Hx	
Do you smoke? Do you drink alcohol?	
Systemic Review	

Treatment:

- ★ Initial treatment : Behavior modification and Antacids
- ★ Phase II—add an H2 blocker
- ★ Phase III—switch to a PPI
- ★ Phase IV—Add a promotility agent, such as metoclopramide
- ★ Phase V : Combination therapy / Increased dose of H2 blocker or PPI
- ★ Phase VI—antireflux surgery for severe or resistant cases

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