

RELATIONSHIP BETWEEN EROSIVE ESOPHAGITIS AND BODY MASS INDEX

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Abstract

The relationship between excessive body weight and gastroesophageal reflux disease has been not well established. However weight loss has been commonly recommended as a treatment for gastroesophageal reflux; Objectives: To evaluate the relation between body mass index and erosive gastroesophageal disease, erosive esophagitis. Methods: The data of 362 Individuals with heartburn have been evaluated retrospectively. An upper gastrointestinal endoscopy has been done by all patients and erosive esophagitis has been defined by the presence of macroscopic erosion on the esophageal mucosa. Hiatal hernia has been considered when the gastroesophageal junction was positioned 2 cm or more above the diaphragm. Patients with Barrett's esophagus or esophageal peptic stenosis have been excluded. The body mass index of population has been categorized according to the normal weight (body mass index 20-24.9); over-weight (25-29.9), and obese (greater than 30). Results: Among the 362 patients, it has been found 148 (41%) with erosive esophagitis and 214 (59%) without erosive esophagitis. Among 148 individuals with the erosive esophagitis (61% male, median age 50 years), it has been found 41 (28%) with normal weight, 82 (55%) with over-weight and 25 (17%) obese. Also it has been found 88 (60%) patients with hiatal hernia, which has been present in 29 (71% of patients with normal weight), 45 (55% of patients with over-weight) and 14 (56% of obese individuals). The non diagnosed erosive reflux disease (38% male, median age 50 years), 51 (42%) patients have been detected with normal weight, 55 (46%) with over-weight and 15 (12%) obese. Hiatal hernia has been detected in 52 out of 121 (43%) patients and in 21 (41%) out of 51 individuals with normal weight, 24 (44%) of over-weight and 7 (47%) of obese. The number of patients with obesity and over-weight has been significantly higher in the group with erosive esophagitis compared to the ones without erosive esophagitis. The prevalence of hiatal hernia has been also higher in the erosive reflux disease patients. Conclusion: A greater prevalence of obesity and over-weight has been found in the group of patients with erosive esophagitis compared to patients with non-erosive reflux disease. Although a major prevalence of hiatal hernia has been detected in the group of erosive reflux disease patients, this superiority has been not extended to the categories of excessive weight in both groups.

Keywords: *besity. gastroesophageal reflux. esophagitis, hiatal hernia,*