

GERD, GORD, NERD, TLOSR

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Gastro-enterologists are using so many terminologies for any patient having common symptoms of hyperacidity with or without sour eructation.

GERD stands for Gastro Esophageal Reflux disease with American spelling of oesophageal.

GORD stands for Gastro Oesophageal Reflux Disease

NERD stands for Non-Erosive Reflux Disease where, on endoscopy there are no symptoms of oesophagitis.

TLOSR – is used for patients, whose endoscopy is normal and yet complains of burning and sour eructations are there due to Transient Lower Oesophageal Sphincter Relaxation – TLOSR.

In Mumbai today we have the facility of constant 24 hrs pH monitoring of the oesophagus, the above conditions can be ruled out.

However, I am writing this article to stress

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on the complaint of so-called rumination. Although it is very common in animals like cows, it is also extremely common in infants and small children.

Off and on I see such patients in private practice, who are being treated for GERD or TLOSR.

I can ask for investigation of constant 24 hr pH monitoring, but the diagnosis is made by the fact that the patient has no burning and the only complaint is reflux of food which occurs after meals. The important thing is that the food which suddenly comes in the mouth has absolutely the same taste which was swallowed. There is nothing wrong if the patient swallows the same food back.

However, this appears little embarrassing specially in a party.

I am trying to heal rumination with

1. Proton pump inhibitors
2. Telling the patient to chew the food slowly, and not to eat fast.
3. To have dry food and not to drink water immediately after meals.
4. Some of them would need psychological assessment and guidance.