

# GERD - Gastroesophageal Reflux Disease

## What is GERD?

GERD results when the stomach contents regurgitate up into the esophagus.

The most common symptoms of GERD are heartburn, belching, nausea, and a sour taste in your mouth. In some instances, GERD may even cause hoarseness, cough, and asthma. Although not dangerous in most cases, GERD can cause many annoying symptoms, and can lead to complications if not treated.

At New York Gastroenterology Associates (NYGA), we offer special services and expertise in the diagnosis and management of GERD.

## Testing for Esophageal Disorders at NYGA

**If you have heartburn** or other GERD symptoms, you may already have taken routine X-ray or endoscopy testing of your stomach and esophagus.

At NYGA, we use more sophisticated tests for GERD that are not available in most practices. Our office is among the best-equipped in the New York City area. We have twenty years of experience performing these specialized tests for GERD. These tests tell us with complete confidence whether your troubling symptoms are due to GERD and if so how to keep you healthy, and free of reflux symptoms.

## Enhanced Gastroscopy

Gastroscopy uses a flexible tube passed painlessly through your mouth while you are sedated to look directly at your esophagus and stomach.

At NYGA, we offer enhanced gastroscopy to detect subtle changes in the esophagus that may be missed by the conventional method, allowing us to provide the best, most accurate care for which NYGA is widely recognized.

A safe and effective dye-spraying technique allows us to target our biopsies to problem areas of the esophageal lining. This technology helps us identify and remove precancerous cells before they become a serious threat to your health.

NYGA has used its strong relationships with the best instrument manufacturers to give you unique access to resources during your endoscopy.

In collaboration with the leading instrument manufacturer (the Olympus Co.), we are the first private practice in New York City to offer the digital "Image Manager." This computer assisted equipment permits unlimited electronic long-term storage and retrieval of photographic images of your esophagus. We can therefore compare the results of your current and previous pictures to help detect subtle changes.

In collaboration with CDX Technologies, Inc., we are the first private practice in New York to utilize a computer-enhanced technology to sort through the millions of cells in the tiny biopsies of tissue which we painlessly and safely obtain from your esophagus during endoscopy. These two collaborations help us to detect any problems at an early stage and keep you healthy.

## **Esophageal Acid (pH) Testing**

This test uses a tiny sensor positioned in the lower end of the esophagus to measure directly the amount of acid that regurgitates into your esophagus, and to relate regurgitation and your symptoms. This information can prove once-and-for-all the cause of your symptoms.

Other physicians outside of NYGA may do pH testing using the conventional method, which requires you to wear for 24 hours a thin catheter through your nostril down into your esophagus. Consistent with our goal of maximizing your comfort, we at NYGA are among the first practices in the New York area to use the improved "Bravo" system, which enables us to perform pH studies without the need for a catheter. This improved technique is comfortable, unobtrusive, and in fact more accurate than the conventional test.

## **Esophageal Manometry**

This test is the only available way to study directly the contractions in your esophagus and to see whether you have a problem with how the esophagus propels food down into the stomach. Such a problem may be the cause of your symptoms, and we can tailor your treatment to correct it.