

METABOLIC RISK FACTORS FOR GASTROESOPHAGEAL REFLUX DISEASE IN DYSPEPTIC PATIENTS WITH NON-ALCOHOLIC FATTY LIVER DISEASE

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Poster

Oesophagus

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A cross-sectional study of 300 dyspeptic patients with NAFLD identified triglycerides, BMI, waist circumference, insulin level, and fasting blood sugar as independent risk factors for GERD.

KEY POINTS

- Among 300 dyspeptic NAFLD patients, 207 had GERD and 93 did not, as determined by upper GIT endoscopy
- Patients with GERD had significantly higher triglycerides, TG/HDL ratio, waist circumference, BMI, fasting blood sugar, and insulin levels compared to those without GERD, though no significant difference in HOMA score was observed
- The GERD group had a higher proportion of smokers but no significant difference in obesity prevalence compared to the non-GERD group
- Logistic regression analysis using triglycerides, BMI, waist circumference, insulin, and fasting blood sugar correctly predicted GERD in 89.9% of dyspeptic NAFLD patients
- This observational study is relevant for clinicians managing dyspeptic patients with NAFLD who seek to understand metabolic contributors to GERD risk

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