

Mistakes in gastro-oesophageal reflux disease diagnosis and how to avoid them

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Mistakes In Articles

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Gastro-oesophageal reflux disease is a frequently encountered condition affecting quality of life, defined by troublesome symptoms or complications from stomach content reflux, with an estimated prevalence of around 24% in Europe.

KEY POINTS

- According to the Montreal definition, GORD develops when reflux of stomach contents causes troublesome symptoms and/or complications.
- Heartburn and regurgitation are typical symptoms of GORD, while chest pain, cough and sore throat are considered atypical symptoms, though none is pathognomonic.
- GORD has an estimated prevalence of around 24% in Europe and accounts for \$9 billion per year in healthcare costs in the US.
- GORD has a negative effect on quality of life and is frequently encountered in clinical practice.

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