

Clinical Case Panel: Pediatric GERD

5 y.o boy begins reporting an uncomfortable taste in his mouth a couple of times a day.

Due to strong hereditary tendency to severe GERD doctors recommended a series of tests include a gastric biopsy, gastroscopy, and a pH impedance study (<http://www.naspghan.org/files/documents/pdfs/annual-meeting/2014/Orsi.pdf>) temporarily implanted esophageal probe which would detect every episode of re-flux. The probe required general anesthesia to be inserted.

The biopsy and gastroscopy were revealed no clinical findings, but the pH impedance study revealed over 50 episodes of GERD distributed throughout the day including when the boy is only experiencing one subjective episode of discomfort daily. Doctors recommended proton pump inhibitors for life due to elevated risk of esophageal cancer. The family primarily concerned with the risk of PPI's inhibiting calcium absorption in a developing child.

Family is working with a specialist from Stanford hospital that is offering guidance in a GERD diet, which involves measuring the amounts of specific foods, particularly fats, and restricting dairy.

Upon coming to me the probe had been removed. The family follows a mostly vegetarian diet with weekly fish. Stress levels in the home are moderate and the boy recently began kindergarten, which was a slightly challenging transition.

The boy reports experiencing more discomfort when doing GERD diet prescribed by experts than when not doing this, although this experience seems to correlate with a period of extreme stress for family. The family is currently doing a diet diary.

He is a bright and energetic child with an engaging disposition. His parents report consistently good moods with "age-appropriate frustration and sibling challenges." His temp is 98.6. His skin has good coloration, he has regular bowel movements, and he has a healthy appetite. Sleep is consistent. Abdominal tone is healthy and body has a healthy musculature. Tongue is pink with a normal coating, pulse is slightly wiry.