The burden of diurnal and nocturnal gastroesophageal reflux disease symptoms.

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Source

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Abstract

AIMS:

To quantify the relationship between the timing of gastroesophageal reflux disease (GERD) symptoms and the burden of illness.

PATIENTS & METHODS:

Data from the 2010 National Health and Wellness Survey were used. Regression analyses compared non-GERD controls with GERD patients with diurnal symptoms, nocturnal symptoms, and both diurnal and nocturnal symptoms, controlling for potential confounders. Outcome measures included the Work Productivity and Activity Impairment and Short Form-12 questionnaires and reported healthcare resource use.

RESULTS:

All GERD groups demonstrated a substantial burden of illness compared with controls, estimated at US$1435 in direct costs and US$3143 in lost productivity. Experiencing GERD both day and night was associated with higher costs and lower quality of life than experiencing diurnal-only or nocturnal-only symptoms.

CONCLUSION:

Experiencing GERD symptoms both day and night is associated with higher costs than experiencing diurnal or nocturnal symptoms alone.

PMID:

22098290

[PubMed - in process]