

위식도 역류질환의 진단과 치료

Diagnosis and Treatment of Gastroesophageal Reflux Disease

146 - 92

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Abstract

Nowadays the prevalence of gastroesophageal reflux disease (GERD) seems to be increasing in Korea, and many physicians are concerned about the disorder. However GERD has a broad spectrum of symptoms, and diverse diagnostic and therapeutic approaches. In addition, the prevalence, symptomatology, clinical pictures, and even diagnosis and treatment approaches of GERD are different between in Korea and in Western countries. In this review I will discuss the diagnostic and therapeutic approaches for patients with GERD, especially from a Korean point of view

Keywords : Gastroesophageal reflux disease; Reflux esophagitis

가 ,
가
1
가 .
(gastroesophageal reflux disease, GERD)
(gastro-
esophageal reflux) 가

가

(reflux esophagitis)

가

(non - erosive reflux dis-

ease, NERD)

1. (heartburn)

1. : ,가

2. :

3. : , ,

4. :

가

1

, , 24

pH

(scan),

(Bernstein test)

가

가

가

2.

가

Bernstein

test 24

pH

가

1.

(heartburn)

(reflux)

heartburn

, 가

가

2. LA

A	One (or more) mucosal break no longer than 5 mm that does not extend between the tops of two mucosal folds
B	One (or more) mucosal break more than 5 mm long that does not extend between the tops of two mucosal folds
C	One (or more) mucosal break that is continuous between the tops of 2 or more mucosal folds but involves <75% of the circumference
D	One (or more) mucosal break that involves at least 75% of the esophageal circumference

가

가

Z

Minor changes ; localized / diffuse / patch erythema in distal esophagus, indistinctness or blurring of mucosal junction, friability at mucosal junction, increased vascularity in distal esophagus, edema / accentuation of mucosal folds

50%

3. 24

pH

가

Savary - Miller

(longitudinal length)

(circumferential length)가

24

pH

가

가

24

pH

가

LA

(2).

, pH < 4

(minimal change)

가

가

가 가

(inter - observer variation)가

가

4

(multi - agreement study)가

4.

24

pH

2가

Bernstein

(transient LES relaxation, tLESR)

(fiberoptic spectrophotometer)

Bilitec

24

가,

1. (Life Style Modification)

가 . . ,

가

(tLESR)

가 .

15 cm

가

2)

가

3

가

가

가

H₂

가

가

(cisapride)

5 -

HT₄

(mosapride)

3) H₂

H₂

H₂

2.

1)

가

,

,

H₂

,

가

가

(150mg b.i.d.)

H₂

60%

가

, 50%

(alginate)

75~90%

가

H₂

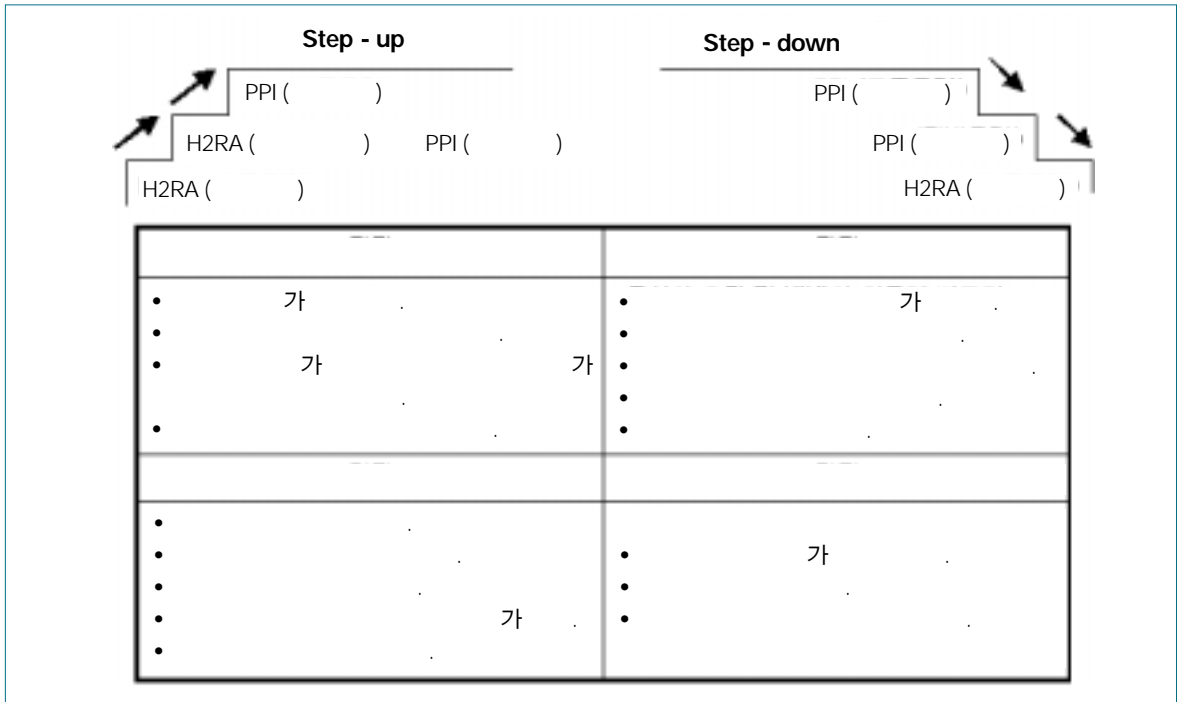
가

4)

(sucralfate)

(proton pump inhibitor, PPI)

H⁺, K⁺ - ATPase 가



1. 'Step-up' 'Step-down'

가 24 가 37~68% 가 . H₂

PPI 75~90% 가 PPI 가 1~3% 4~8% 가 , B₁₂

1~2 가 PPI가

8 80% . 12 PPI 가 H₂

가 가 .

45%,

62%, 72% 5) : 'Step - up' 'Step - down'

가 PPI 가 'Step - up' 가 가

가 (enterochro- maffin cell) , , 가 가

'Step - down' 가 가 . 4~6 ,
 가 . 1 (on - demand therapy)
 GERD .
 'Step - up' 가 ,
 'Step - 7)
 down' 가 .
 PPI가 . 가 3 cm
 PPI H₂
 - 가
 가 H₂
 가
 (tachyphylaxis) , PPI가 가
 , PPI
 'Step - up'
 Step - down 가 ,
 (LA grade C or D) Step -
 down PPI 8)
 1 70%
 6) , PPI
 8~12 15~20%
 1 50~80% ,
 . H₂ 가 PPI . H₂
 . H₂ 가 PPI , PPI
 가 ,
 1/2 가 .

가

2001 ; 7 : 294 - 9

5. 3

2001 ; 27 - 34

6.

ranitidine

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* : 3 , 5 , 1 , 2

* () : 2 , 5 , 1

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가

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