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| **Name:** |
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| **Group:** |
| 4A-2 |
| **Pathology Question:** |
| What are the effects of GERD on the dentition |
| **Report:** |
| GERD stands for gastroesophageal reflux disease and affects the lower esophageal sphincter. It is 18.1-27.8% prevalent in the United States. In healthy individuals gastric fluid is returned to the stomach by peristalsis through swallowing, but in patients with GERD have delayed acid clearance and gastric acid is passed through the esophagus into the oral cavity. There are many risk factors for GERD which include older age, a higher BMI, smoking, anxiety and depression, low physical activity and bad eating habits. Eating habits such as more acidic meals, larger meals and meals closer to bedtime can increase the chances of acid reflux. The most common symptom of GERD is heartburn which is a burning sensation in the chest radiation towards the mouth.    GERD causes dental erosion due to gastric acid in the oral cavity. Dental erosion is the loss of tooth substance by a chemical process not involving bacteria. There is especially a pattern of enamel loss on the lingual surfaces of teeth. The severity of dental erosion is based on the frequency of reflux, the pH of the acid and the quality and quantity of saliva. Dental erosion from GERD is also associated with tooth sensitivity and it has effects on the mucosa of the esophagus, oropharynx, and the respiratory system. GERD can be managed with medications and through a healthy diet and lifestyle. |
| **References:**  Clarrett, Danisa M, and Christine Hachem. “Gastroesophageal Reflux Disease (GERD).” Missouri Medicine, Journal of the Missouri State Medical Association, 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC6140167/.  Ranjitkar, Sarbin, et al. “Gastroesophageal Reflux Disease and Tooth Erosion.” International Journal of Dentistry, Hindawi Publishing Corporation, 2012, www.ncbi.nlm.nih.gov/pmc/articles/PMC3238367/. |