

Esophagitis



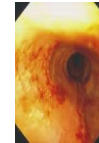
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Introduction

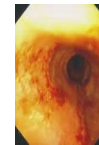
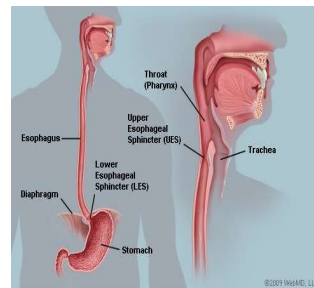
- ▶ **Esophagitis**

is inflammation that damages tissues of the esophagus, the muscular tube that delivers food from your mouth to your stomach.

- ▶ Esophagitis often causes painful, difficult swallowing and chest pain. Causes of esophagitis include stomach acids backing up into the esophagus, infection, oral medications and allergies.
- ▶ Treatments for esophagitis depend on the underlying cause and the severity of tissue damage. If left untreated, esophagitis may change the structure and function of the esophagus.



Anatomy

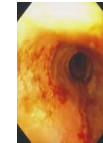


Signs and symptoms

- ▶ Abdominal pain.
- ▶ Adynophagia - pain when swallowing.
- ▶ Dysphagia - difficulty swallowing.
- ▶ Food gets stuck in the esophagus.
- ▶ Lack of appetite.
- ▶ Nausea, and possibly vomiting.
- ▶ Cough.
- ▶ Pain when eating, heartburn.
- ▶ Mouth sores.
- ▶ Feeding difficulties, and subsequently possible failure to thrive in young children and babies. At this age, most patients are too young to describe their symptoms.

causes

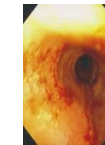
- ▶ GERD - known as *reflux esophagitis*.
- ▶ Allergies - they can cause *eosinophilic esophagitis*, triggered by an allergic reaction.
- ▶ Some medications - known as *drug-induced esophagitis* such as antibiotic and [Fosamax](#)
- ▶ **Infectious** :- People who are immunocompromised.
 - ✓ Fungal
 - ✓ [Candida](#) ([Esophageal candidiasis](#))
 - ✓ Viral
 - ✓ [Herpes simplex](#) ([Herpes esophagitis](#))
 - ✓ [Cytomegalovirus](#)



Grading of severity

The severity of esophagitis is commonly classified into four grades according to the Los Angeles Classification:

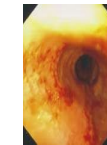
Grade A	One or more mucosal breaks < 5 mm in maximal length
Grade B	One or more mucosal breaks > 5mm, but without continuity across mucosal folds
Grade C	Mucosal breaks continuous between > 2 mucosal folds, but involving less than 75% of the esophageal circumference
Grade D	Mucosal breaks involving more than 75% of esophageal circumference



Complications

Left untreated, esophagitis can lead to changes in the structure and function of the esophagus. Possible complications include:

- ▶ Narrowing of the esophagus (esophageal stricture)
- ▶ Rings of abnormal tissue in the lining of the esophagus (esophageal rings)
- ▶ Barrett's esophagus, a condition in which the cells lining the esophagus are changed — a condition that's a risk factor for esophageal cancer



Test and Diagnosis



▶ Barium X-ray

•For this test, you drink a solution containing a compound called barium or take a pill coated with barium. Barium coats the lining of the esophagus and stomach, and it enables the organs to be well outlined in a series of X-ray images.

▶ Endoscopy

•A long, thin tube equipped with a tiny camera (endoscope) is guided down your throat and into the esophagus.

▶ Laboratory tests

• Small tissue samples removed during an endoscopic exam .

▶ Allergy tests

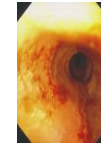
• some tests may be performed to find out whether the patient is sensitive to one or more allergens. This may involve a skin-prick test or elimination diet.

Treatment

□ Treatment for esophagitis depends on its cause.

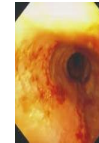
Possible treatments include:

- Medications that block acid production such as [heartburn drugs](#).
- Antibiotics, anti-fungals, or antivirals to treat an infection.
- [Pain](#) medications that can be gargled or swallowed.
- Corticosteroid medication to reduce inflammation.
- Intravenous (by vein) [nutrition](#) to allow the esophagus to heal and to prevent dehydration and malnutrition.
- [Endoscopy](#) to remove any lodged pill fragments.
- Surgery to remove the damaged part of the esophagus.



Lifestyle modifications

- ▶ Elevate the head of the bed 6 inches
 - ▶ Stop smoking
 - ▶ Stop excessive alcohol consumption
 - ▶ Reduce dietary fat
 - ▶ Reduce meal size
 - ▶ Avoid bedtime snacks
 - ▶ Lose weight (if overweight)
- ▶ Avoid:
 - ▶ chocolate,
 - ▶ carminatives (spearmint, peppermint),
 - ▶ coffee (caffeinated and decaffeinated),
 - ▶ tea,
 - ▶ cola beverages,
 - ▶ tomato juice,
 - ▶ citrus fruit juices



THANK YOU