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Endoscopy Auckland &
Laparoscopy Auckland

Surgical Management of Reflux Disease



 **Rotorua GP CME 2013** 

General Practice Conference & Medical Exhibition

20-23 June 2013 | Energy Events Centre | Rotorua

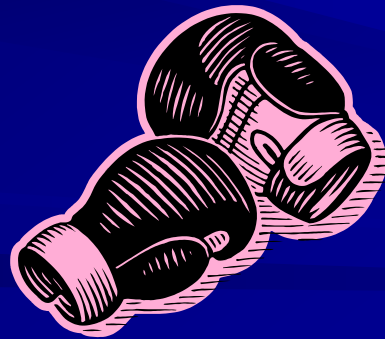
DISCLAIMER

No Conflict of Interest



EXCLAIMER

No Interest in Conflict



GORD IS SURGICAL

John Dunn, FRACS

Laparoscopy Auckland



GOD IS SURGICAL



■ He taua ano ta te kai

■ (Even food can attack)

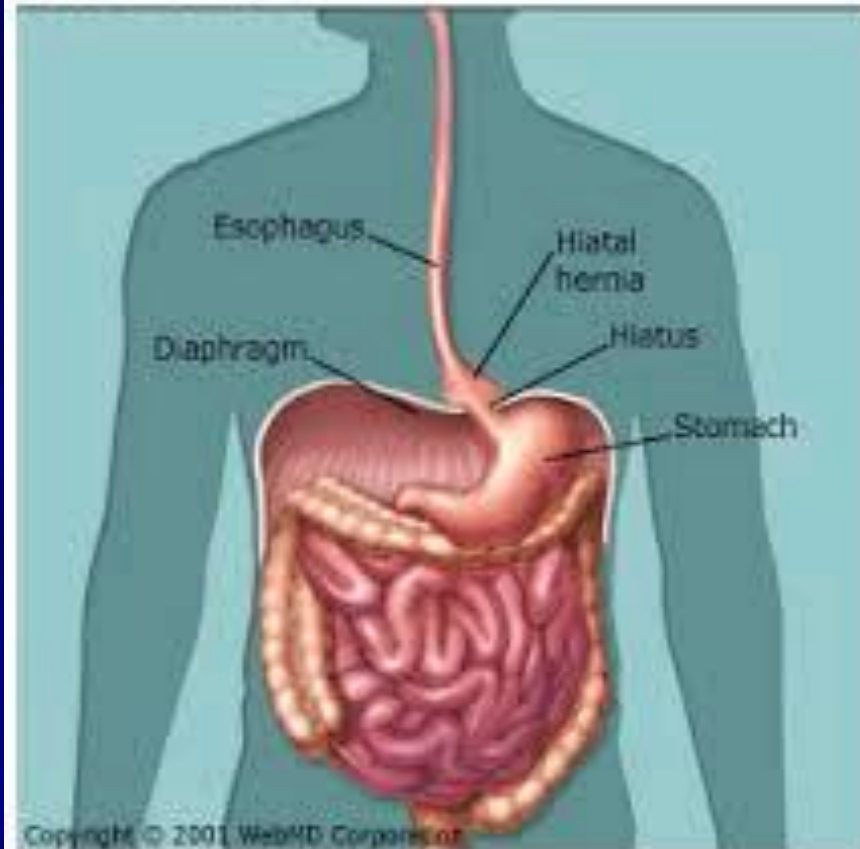


PATHOGENESIS

Failure of lower oesophageal
sphincter $\pm$ hiatus herniation



Hiatal Hernia



IT'S NOT
ROCKET SCIENCE

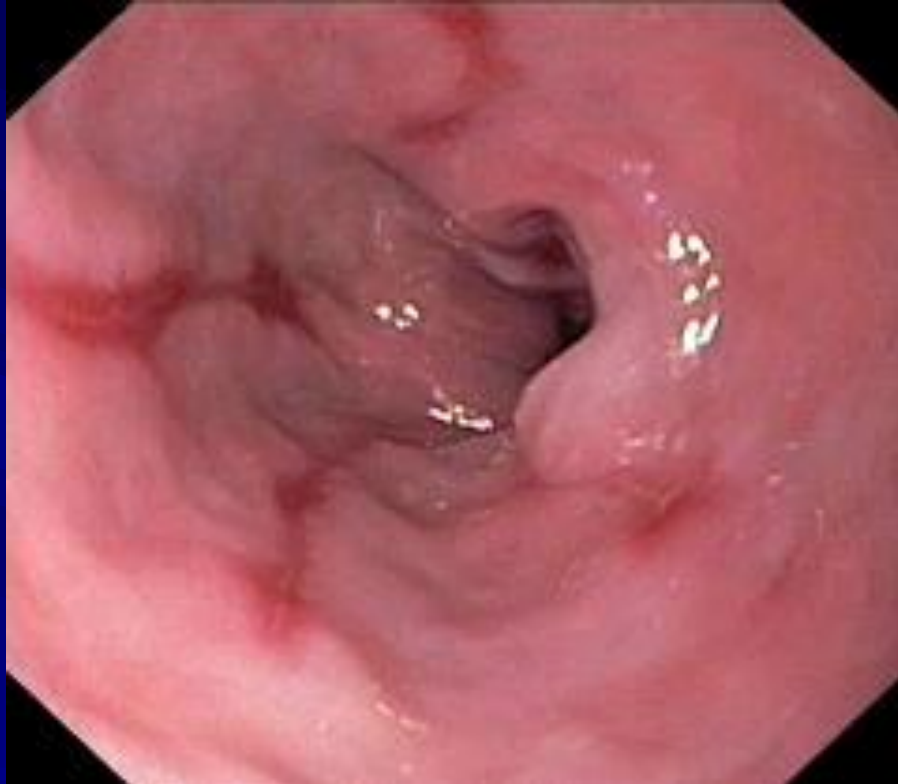




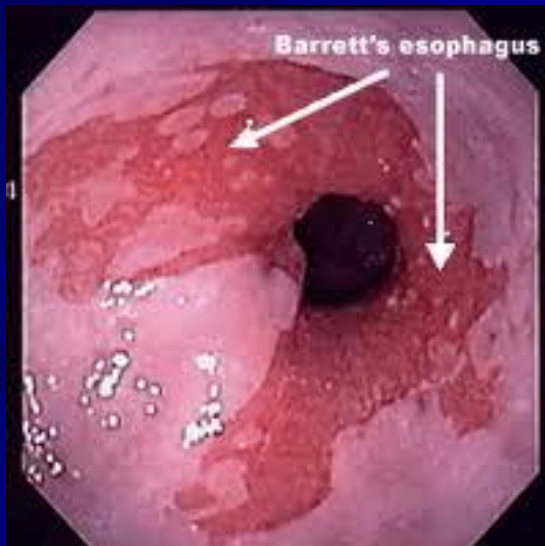
COMPLICATIONS (1)

- oesophagitis
- stricture
- Barrett's/cancer
- respiratory









COMPLICATIONS (2)

- chronic cough
- voice change
- aggravation of asthma
- recurrent bronchitis
- recurrent pneumonia
- ? bronchiectasis



SYMPTOMS (1)

- rising retrosternal burning
- waterbrash
- dysphagia **ALARM!**
- vomiting
- regurgitation



SYMPTOMS (2)

- supine
- wake
- nocturnal cough
- gardening
- tying shoes
- sex



SYMPTOMS (3)

NOT

- severe
- epigastric
- paroxysmal



SYMPTOMS (4)

- **beware middle aged males**
 - no burning
 - may have Barrett's
- **beware teens**
 - vomiting predominant
 - sports field





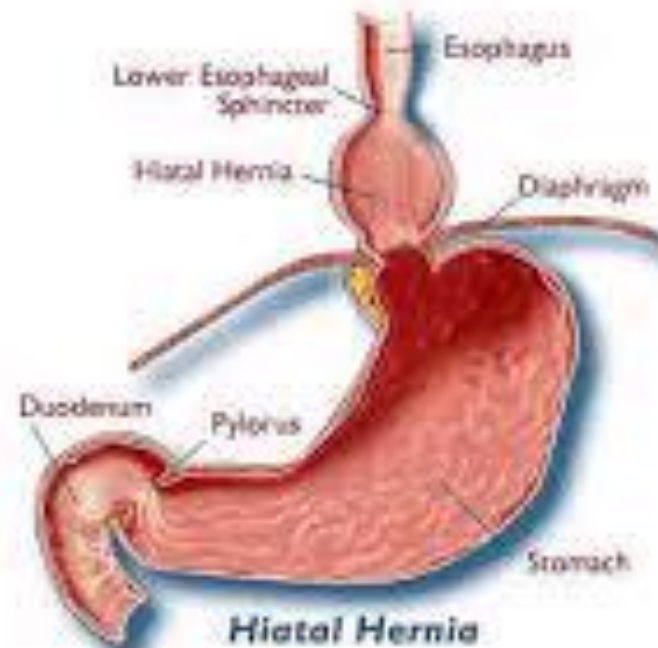
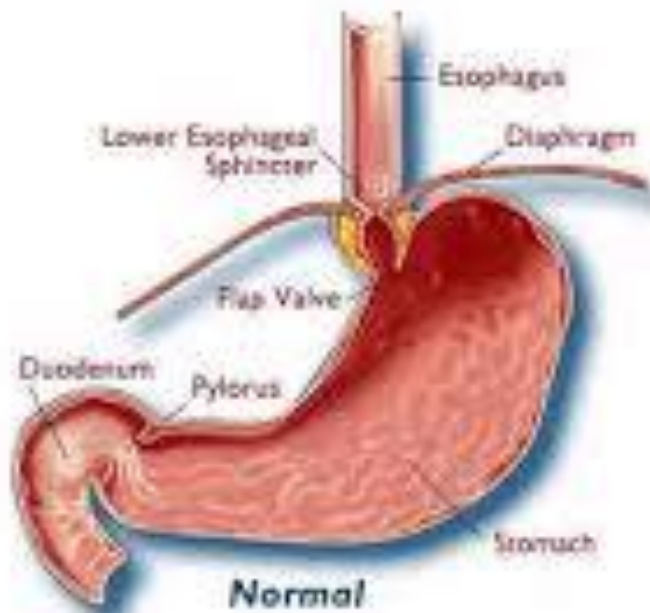
INVESTIGATION (1)

Gastroscopy

- status of mucosa
 - oesophagitis
 - Barrett's
- size/type of hernia
- status of sphincter
- status of hiatus
- stomach/duodenum
- biopsies

SOMETIMES IT'S NORMAL



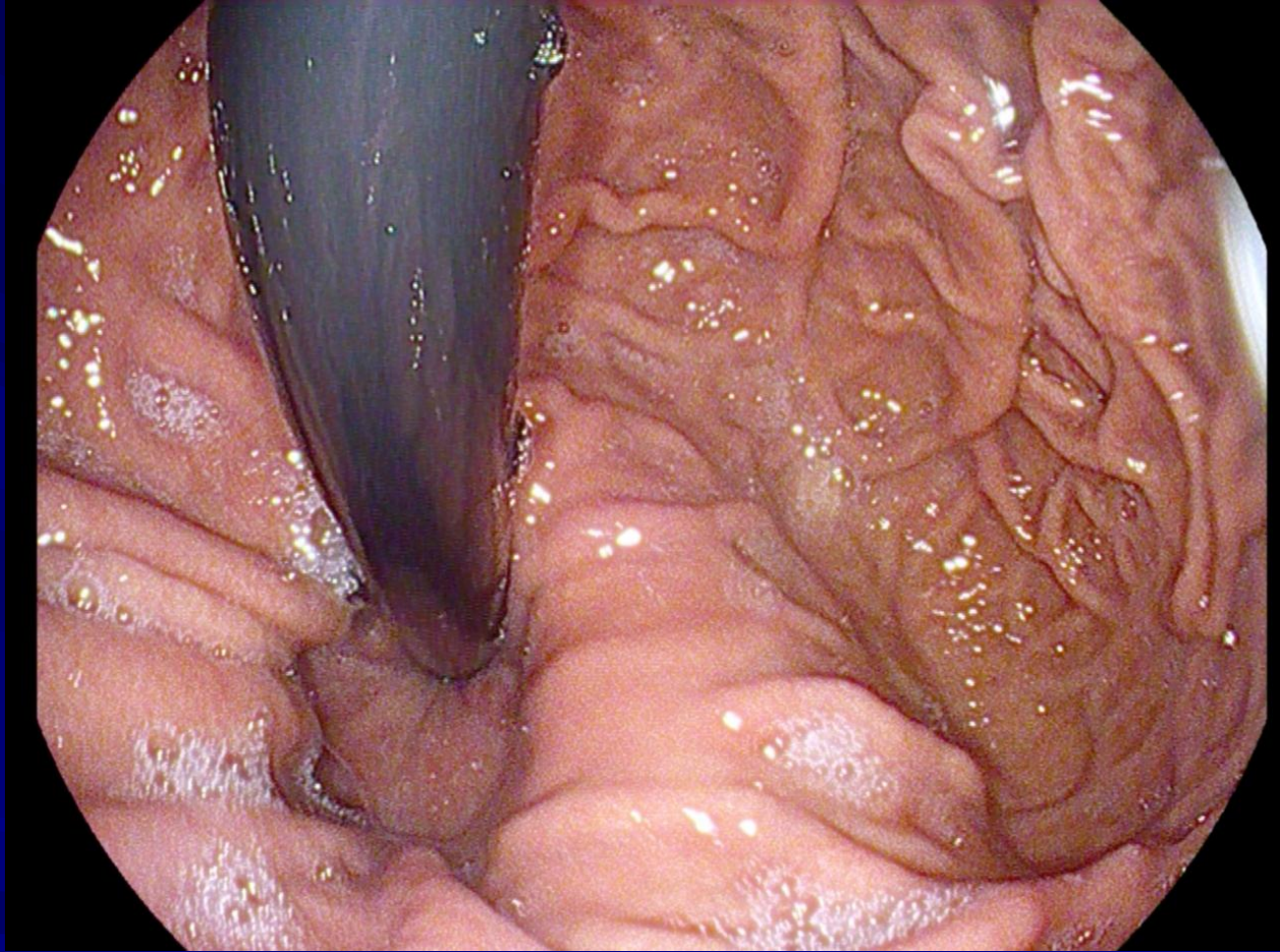


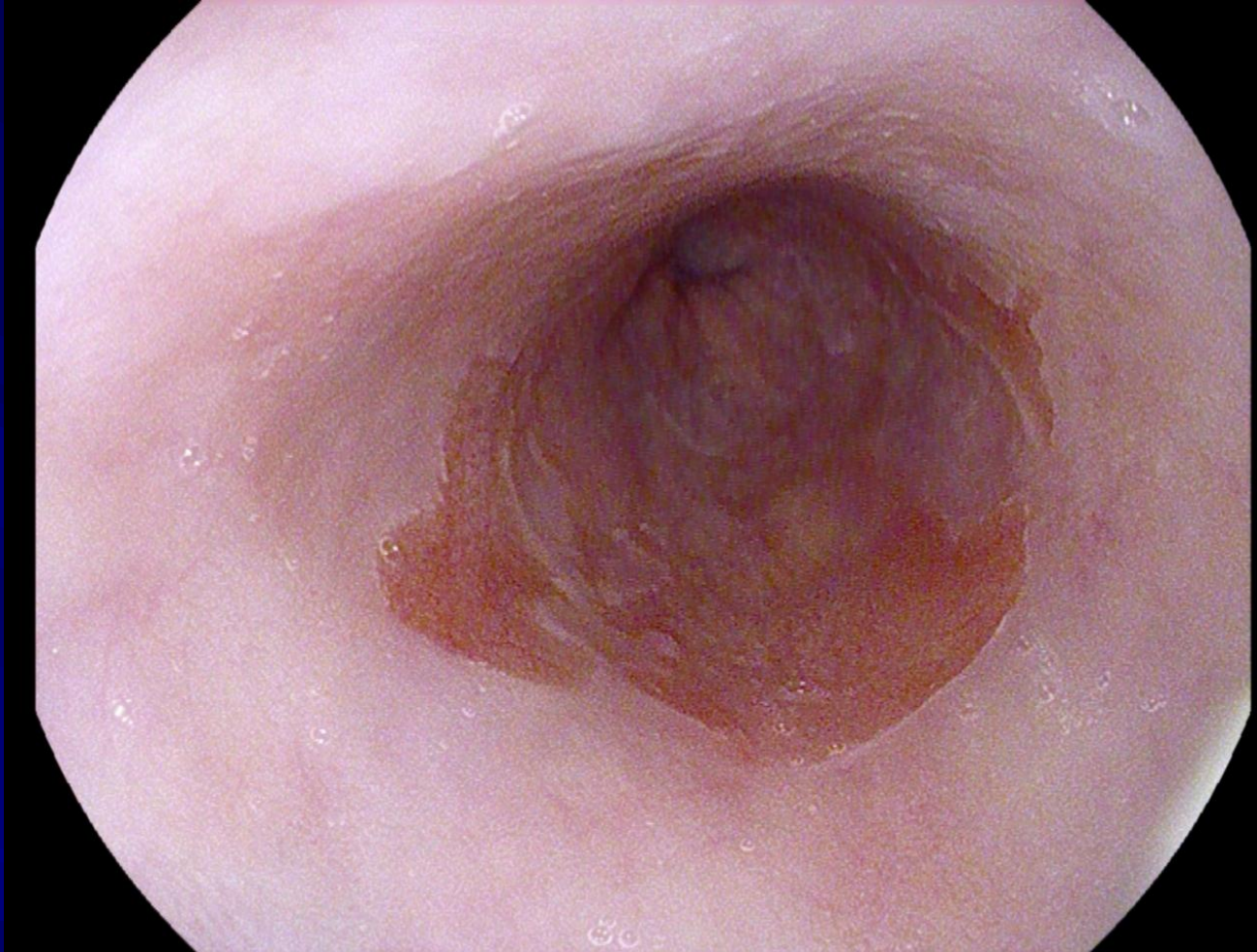
INVESTIGATION (2)

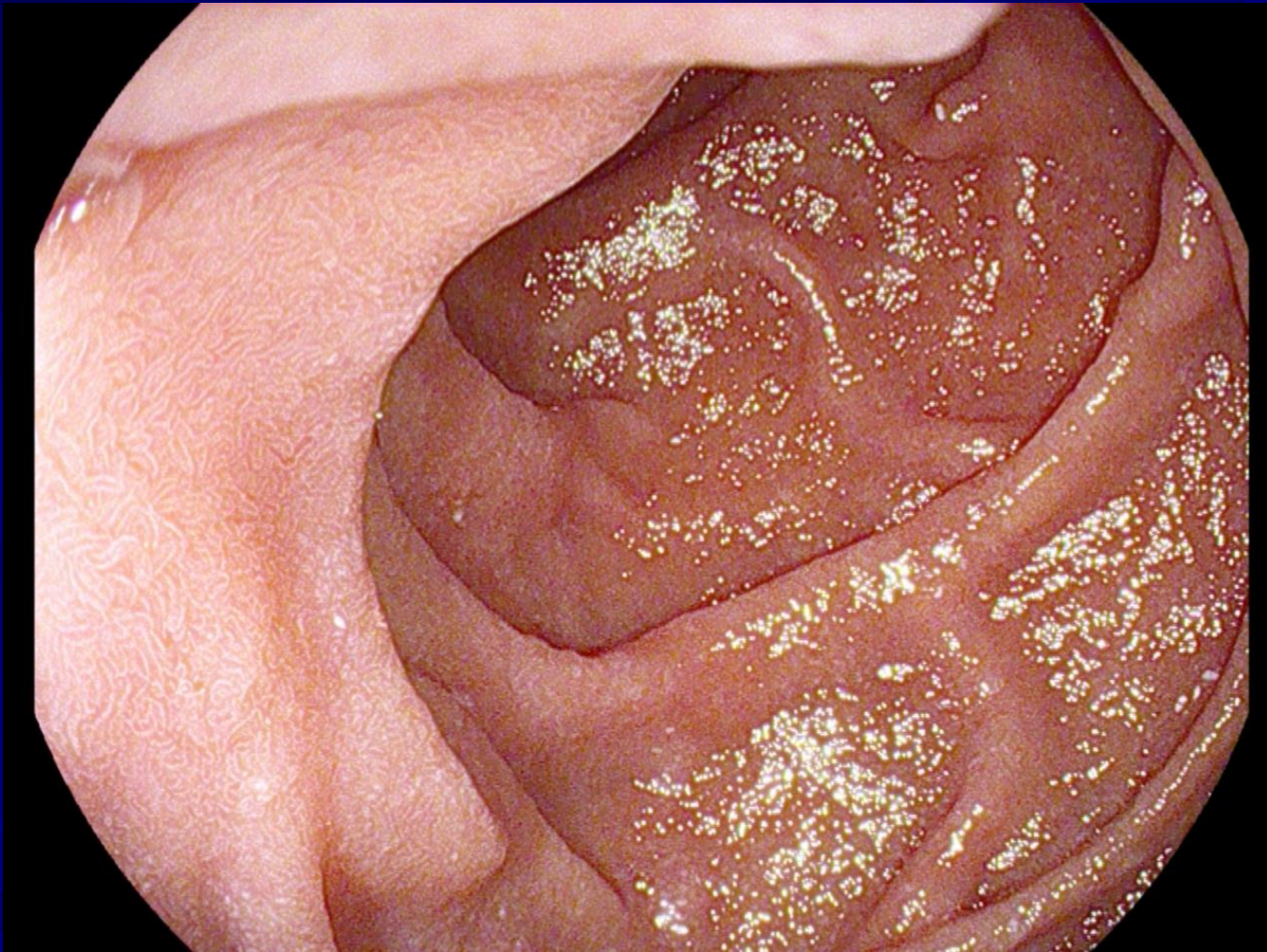
Barrett's

- long segment > 4 cm
- biopsy 2 – 3 yearly
- ?dysplasia
- high grade → 50% Ca
- HALO
- oesophagectomy
- 1000-100-4 (saved)











INVESTIGATION (3)

Barium Meal

- dynamic
- low tech
- accurate
- no good for motility





INVESTIGATION (4)

24 hour pH test

- uncomfortable
- under/over reads
- high tech
- expensive



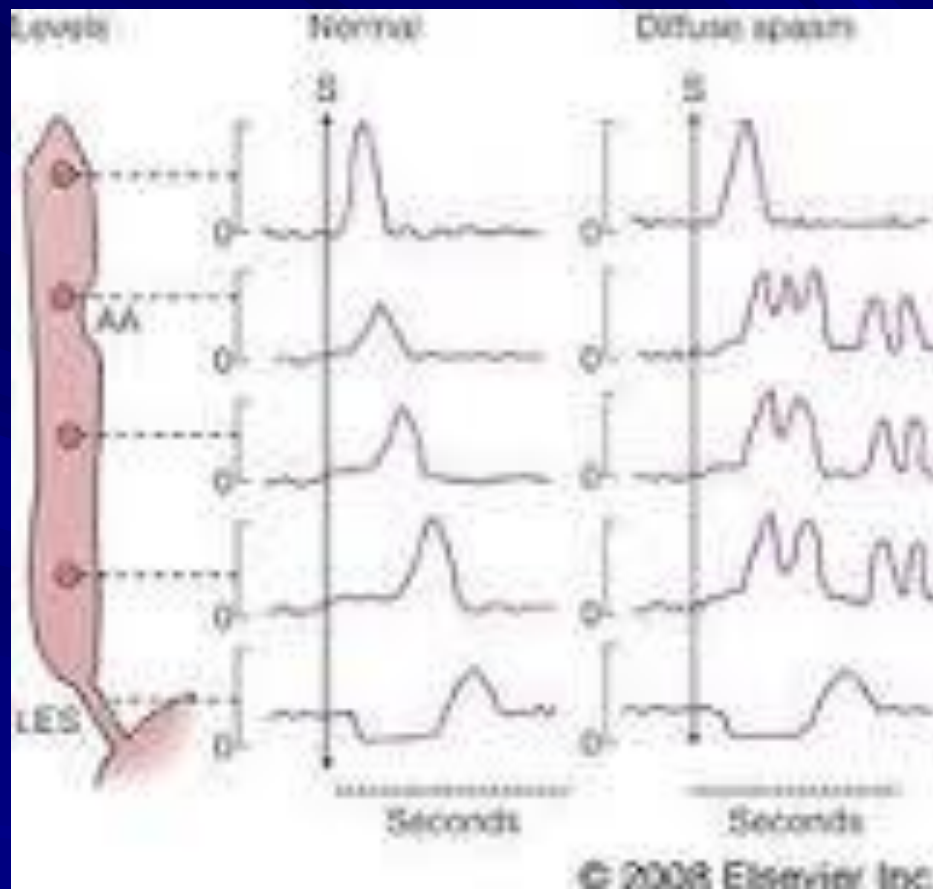


INVESTIGATION (5)

Manometry

- dysphagia
- rule out achalasia
- selective
- high tech
- expensive





INVESTIGATION (6)

Differential

- ultrasound
- CXR
- (PPI)

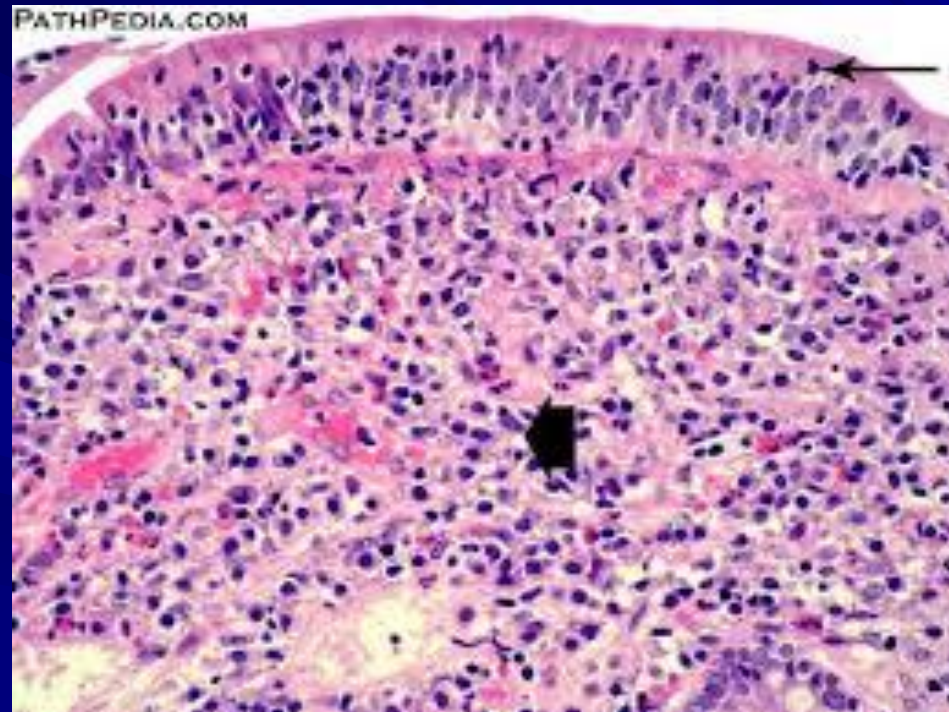


DIFFERENTIAL (1)

GI

- GU/DU
- gallstones
- dysmotility
- achalasia
- coeliac disease
- gastric outlet obstruction



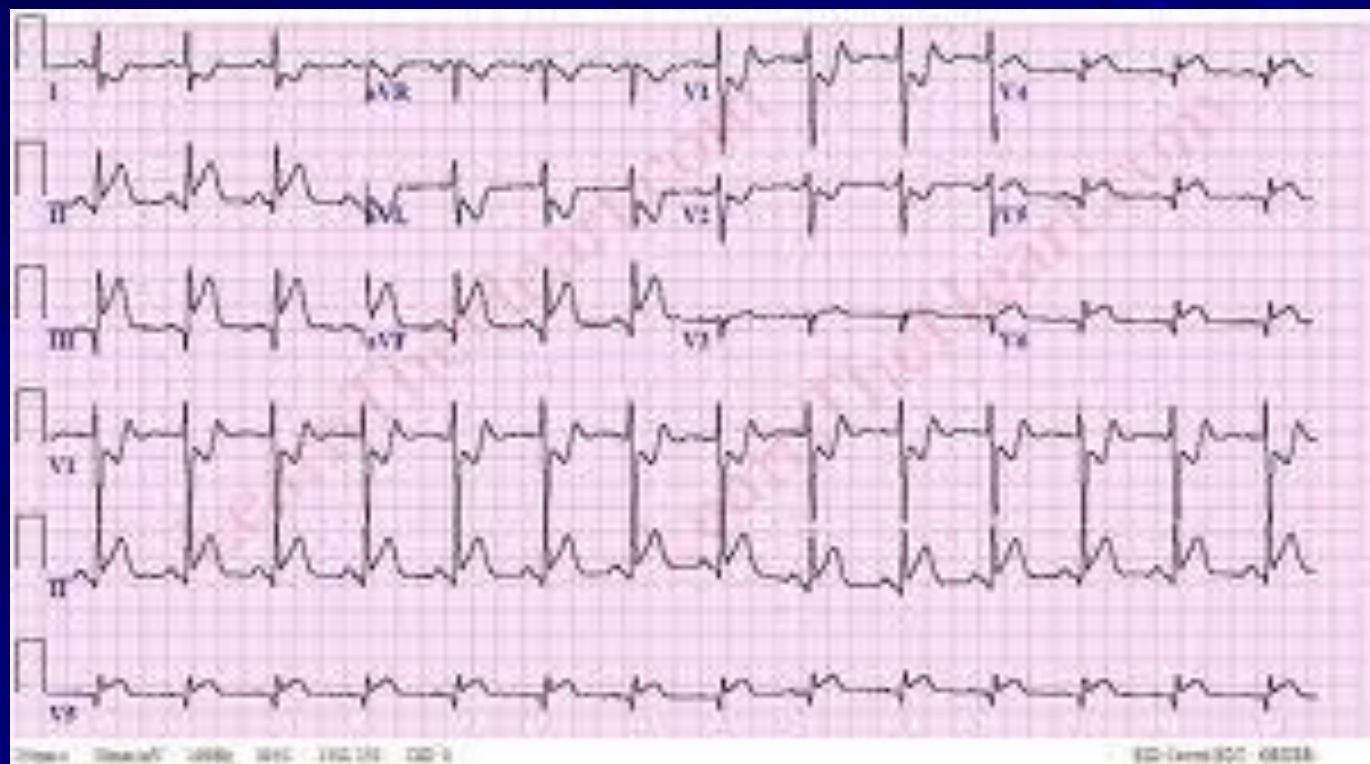


DIFFERENTIAL (2)

non-GI

- MI
- sinusitis
- URTI/LRTI
- psychogenic
- raised ICP





TREATMENT (1)

Lifestyle

- raise head of bed
- kneel – don't stoop
- caffeine, alcohol, nicotine
- foods (idiosyncratic)
- lose weight
- don't eat late



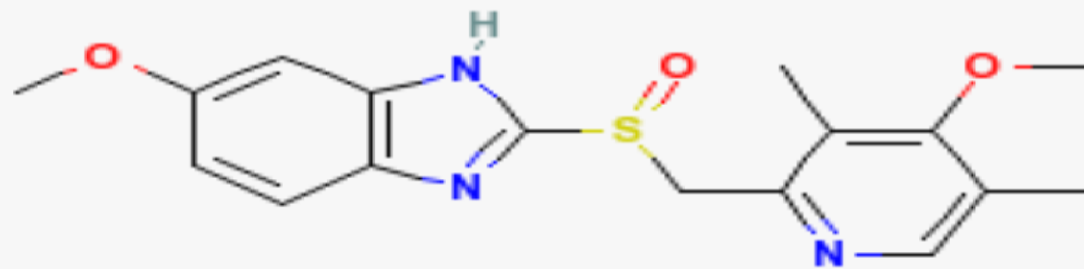


TREATMENT (2)

Medical

- antacids
- H₂RAs
- PPIs
- prokinetics (waste of time)
- dilate strictures





TREATMENT (3)

PPIs

- 25 years
- virtual achlorhydria
- subtle side effects
- lethargy, clouding (hypo Mg^{2+})
- myalgia (proximal)
- diarrhoea
- renal failure
- multiple gastric polyps





THE JURY IS OUT



TREATMENT (4)

Surgical

- Drugs don't work (volume)
- Don't want drugs



- IT'S A HUGE OPERATION

- IT DOESN'T WORK



BOLLOCKS



TREATMENT (5)

Fundoplication

- Nissen 360°
- Toupet 270°
- Anterior 180°

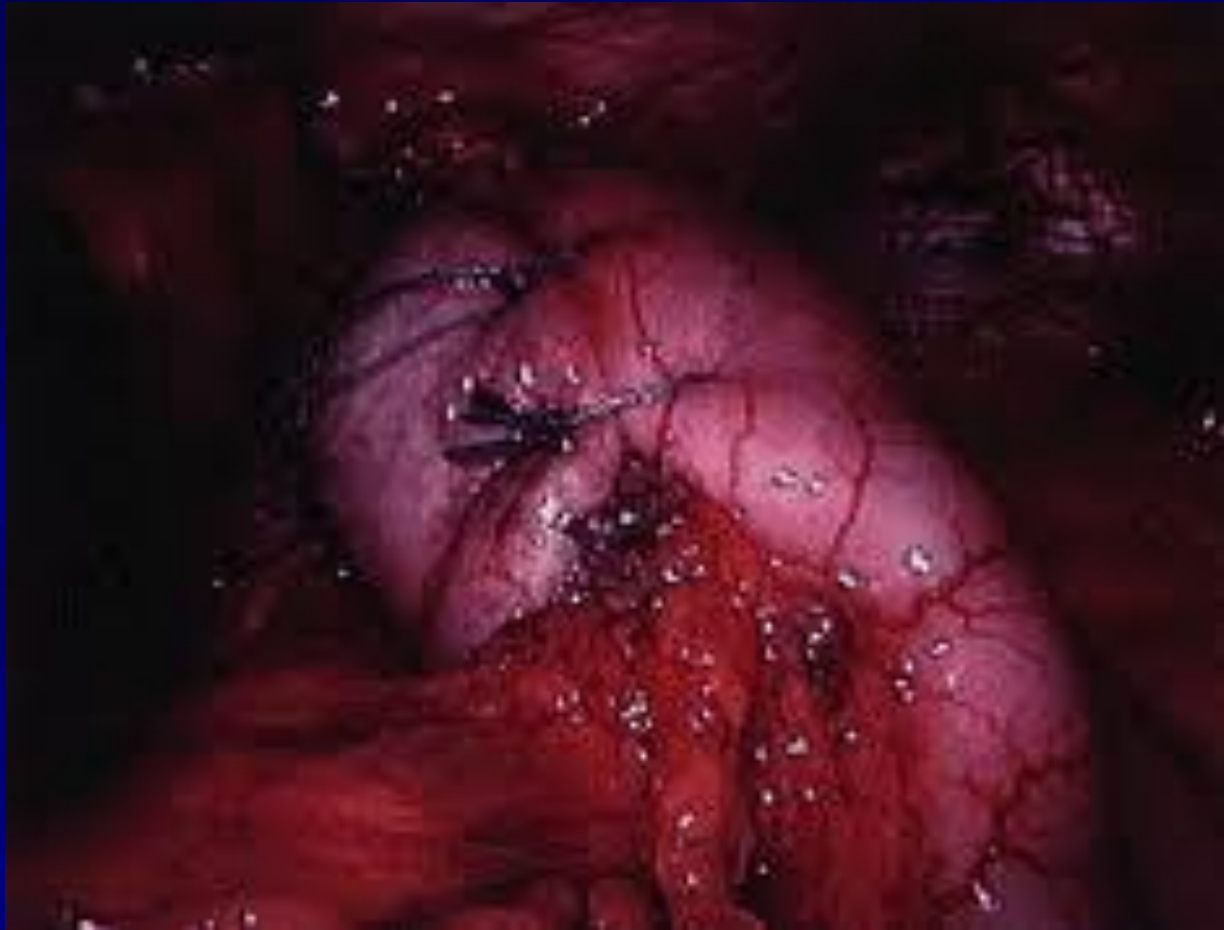


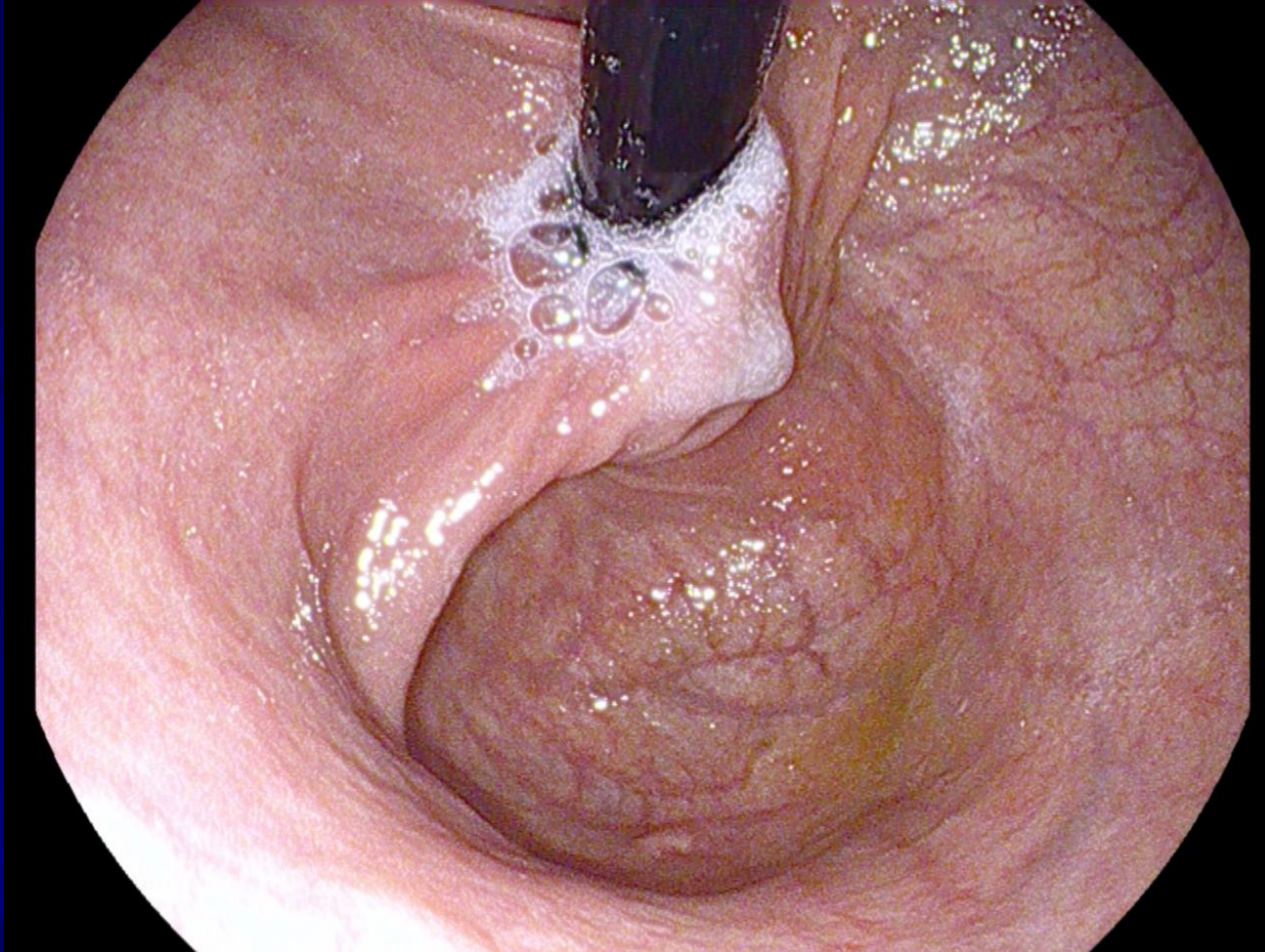
Technique d'oesophago-gastroplastie avec
phrenogastropexie appliquee dans la cure
radicale des hernies hiatales et comme
complement de l'operation d'Heller dans
les cardiospasmnes (!)











TREATMENT (6)

Results 20 yrs (NZ 1993)

- $n > 1000$
- 96% good/excellent
- serious morbidity 3 (nil 17 years)
- mortality 0
- conversions 2 (nil 18 years)



TREATMENT (7)

Pros/Cons

- early satiety
- dysphagia
- flatus
- belch/vomit

IT'S A TRADE



TREATMENT (8)

Recovery

- theatre 1 hour
- hospital 1 night
- work 1 week



TREATMENT (9)

Risks

- oesophagus
- stomach
- spleen
- chest
- aspiration
- slip



TREATMENT (10)

**There is a big difference
between a
good fundoplication
and a
bad fundoplication**



TREATMENT (11)

Redo

- 4-5%
- too tight
- too loose
- it's possible



PARA-OESOPHAGEAL HERNIAS

- “rolling” hernias
- can be huge
- older patients
- atypical chest pain
- post prandial
- may not reflux
- respiratory compromise
- catastrophic torsion
- CXR diagnosis
- more complex surgery

FIX THEM!





TAKE HOME (1)

- vastly under-treated
- a mechanical problem
- medical treatment simple
- consider surgery



TAKE HOME (2)

- beware males (volume)
- beware the young (vomiting)
- beware the old (para-oesophageal)
- beware chest pain
- beware no burning
- beware respiratory patients
- beware cancer
- beware PPIs next decade



TAKE HOME (3)

- gastroscopy mandatory
- keep it simple
- 360° fundoplication best
- choose your surgeon!





0800 SURGEON

