



Doctor-diagnosed Gastro-Oesophageal Reflux Disease in Hong Kong adolescents: prevalence and atypical symptoms

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Lower Esophageal Sphincter Open
Allowing Reflex

Background

Some atypical symptoms have been suggested to identify subjects with Gastro-Oesophageal Reflux Disease (GORD)

Objectives

- Investigate the prevalence of GORD in Hong Kong adolescents
- Investigate its association with 5 atypical symptoms

Methods

34678 secondary school students (mean age 14.6, SD 2.0; 44.4% boys) from 42 randomly selected schools

Questionnaire

- Diagnosed with GORD by Western medical practitioners (yes or no)
- Presence of the 5 atypical symptoms in the past 30 days (yes or no)
- Number of atypical symptoms (0 as reference, 1-3 and 4-5)

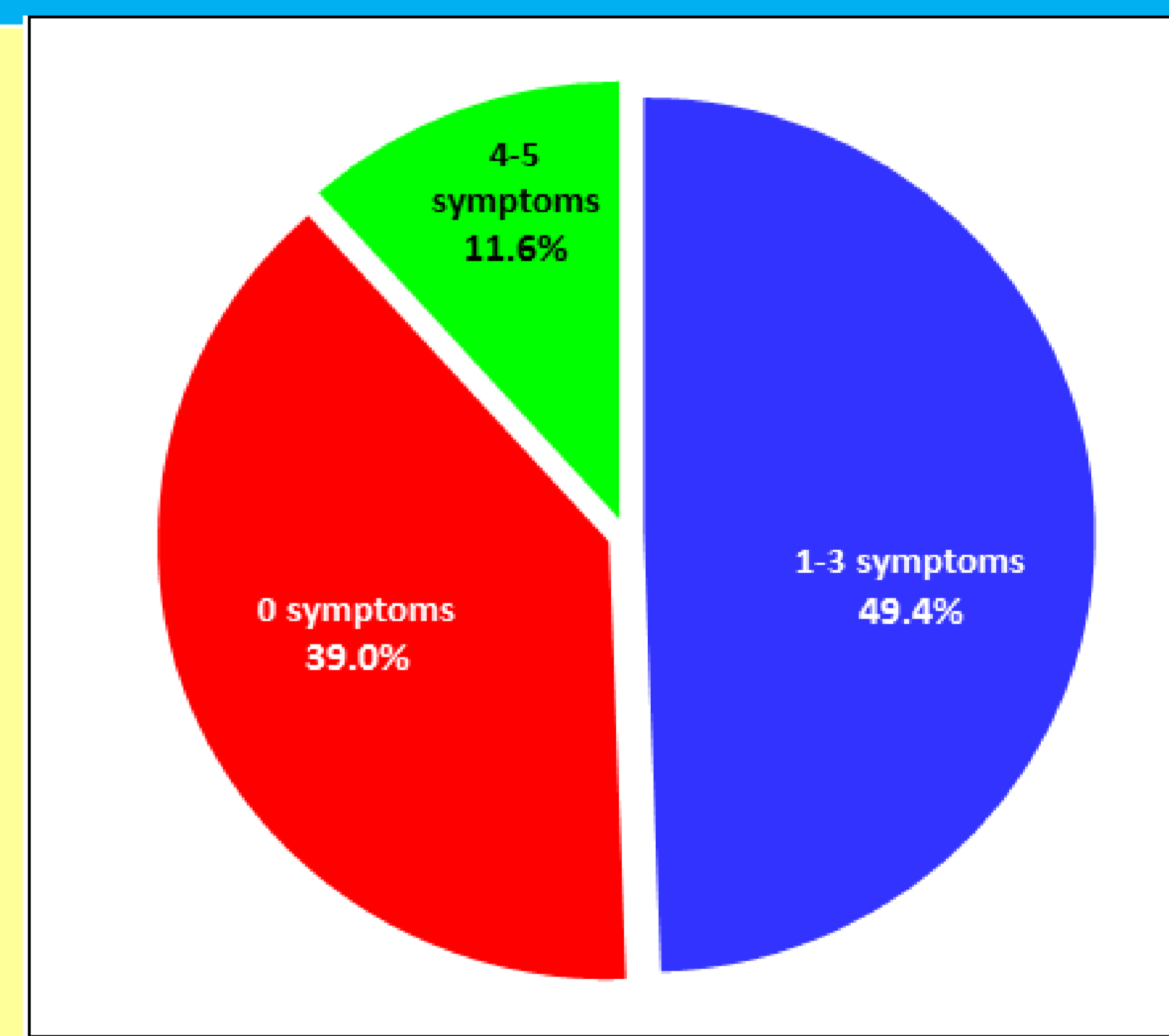
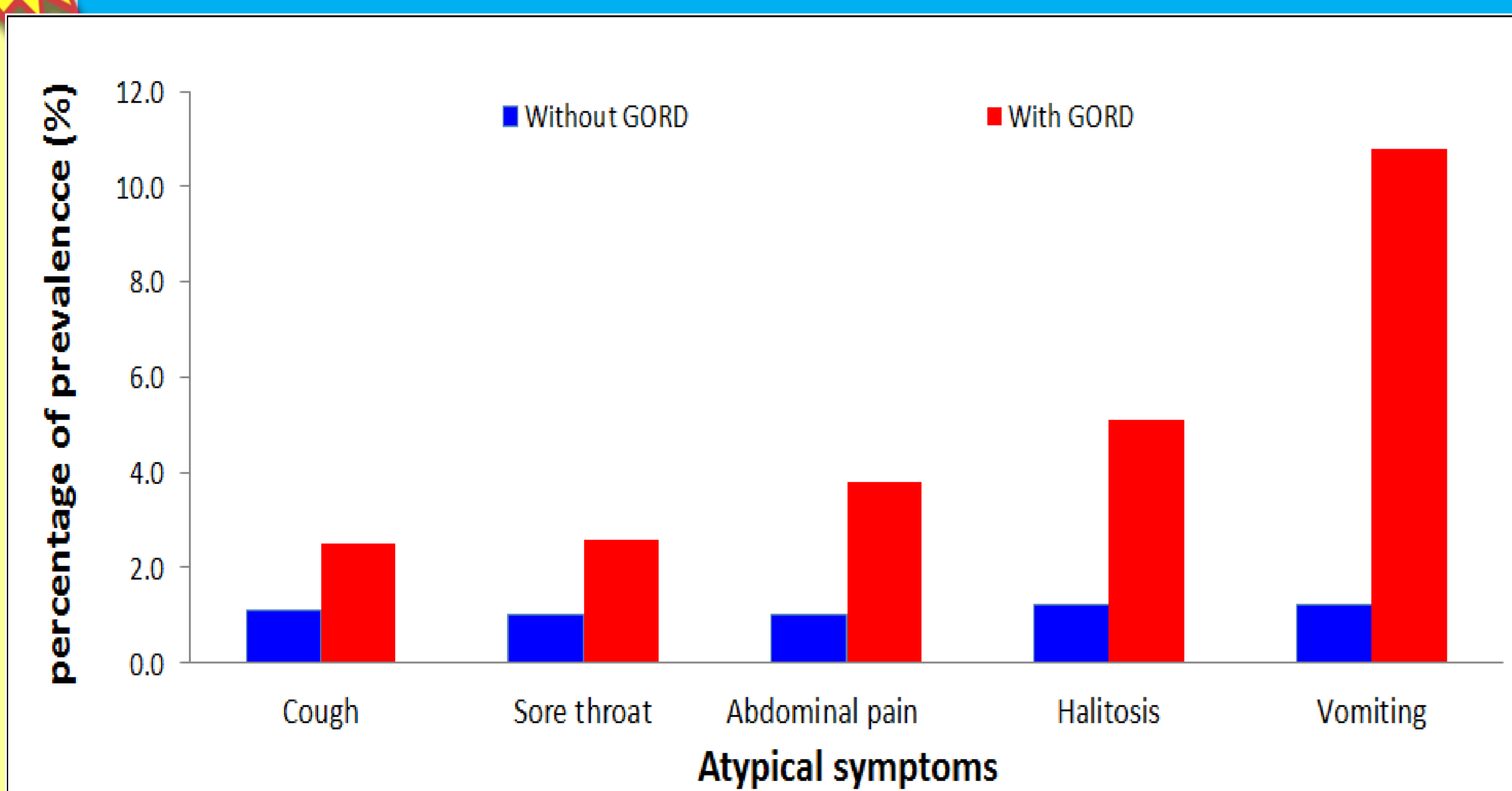
Logistics regression was used to assess associations, adjusting for confounders

Results

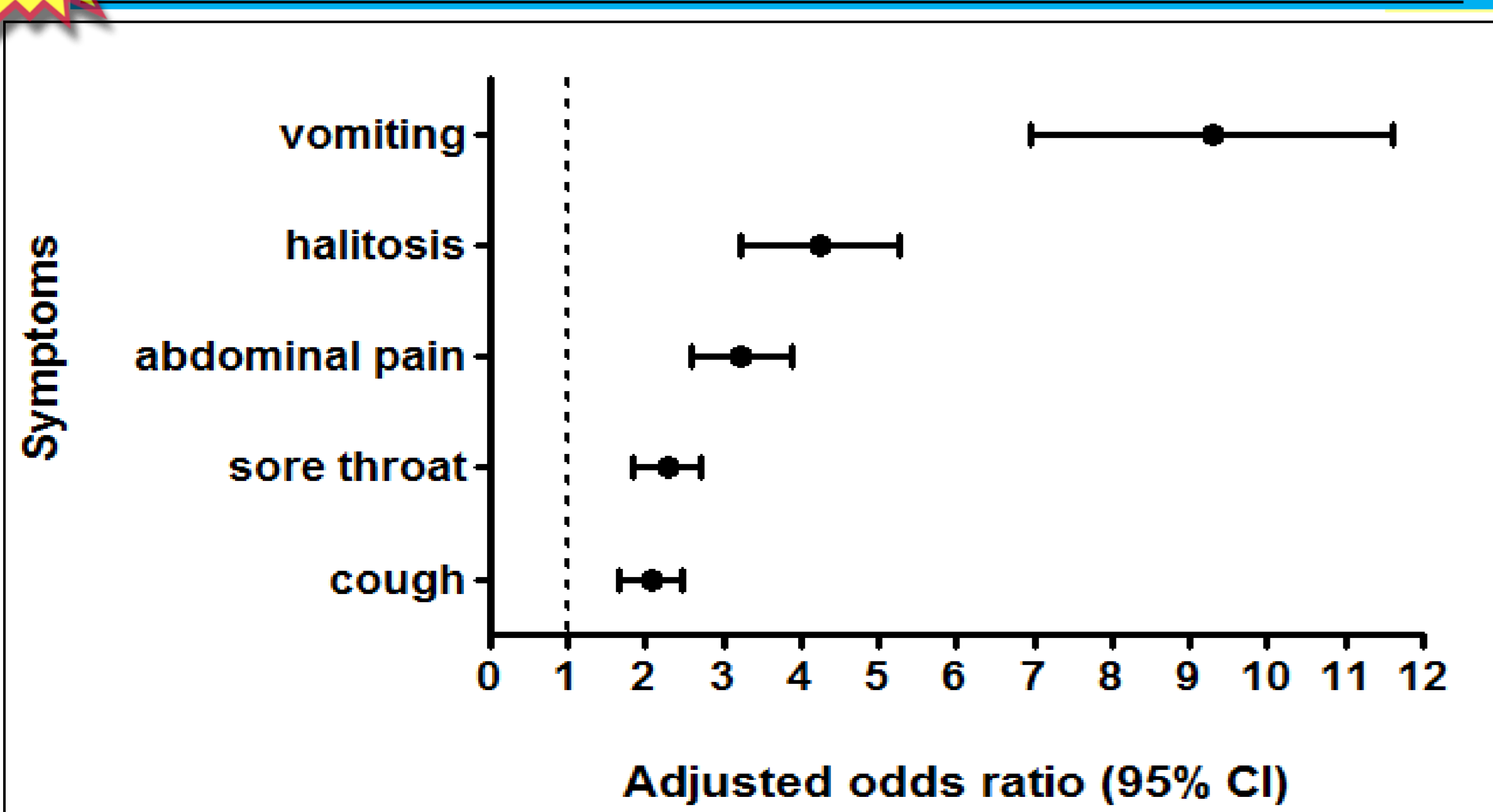
1 The prevalence of GORD was 1.4% (95% CI 1.3%-1.5%)

2 Most adolescents with GORD had 1 or more symptoms

3 Higher prevalence of atypical symptoms in adolescents with GORD



4 Each atypical symptom was significantly associated with GORD



5 Likelihood of GORD increased with the number of atypical symptoms

No. of symptoms	Adjusted odds ratio	95% CI
0 (reference)		
1-3	1.87	1.56-2.28
4-5	15.80	11.40-21.88

Conclusion

Our study supports the use of these atypical symptoms for GORD identification.