

Researchers discover correlation between GERD and obesity in females

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A group of scientists recently discovered an association between being overweight and a disease called gastro-esophageal reflux disease (GERD) in women.

This discovery was published in the Sept. 14 issue of the World Journal of Gastroenterology by a research group led by Dr. Corazziari from the University La Sapienzai of Rome. Dr. Corazziari has been a leader in the field of gastroenterology for a long time and published over 200 research articles and 20 professional books. He and his fellow researchers (with Dr. Piretta being the first author of this article) discovered that, in comparison to average population, overweight and obesity are risk factors for GERD in women and not so much in men.

GERD is a disease with chronic symptoms or mucosal damage produced by the abnormal reflux of gastric contents into the esophagus. Heartburn (burning discomfort behind the breastbone) is the major symptom of GERD because the gastric acid gets into esophagus.

Had these mechanisms play big roles in the patients studied by Dr Corazziari, then the overweight male patients (not just female) should also have a significant higher possibility of GERD than general population.

Since oestrogen can also inhibit the LES, Dr. Corazziari suggests that concentration of this hormone may be a possible explanation of increased GERD prevalence in obese females.

Source: World Journal of Gastroenterology

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