



## 7. THE INFLUENCE OF OBESITY ON THE QUALITY OF LIFE IN PATIENTS WITH GASTRO-ESOPHAGEAL REFLUX DISEASE

**Author:** Stoica Mihaela; **Co-author:** Munteanu Ecaterina, Neagu Stepan, Sârbu Oxana, Calin Ghenadie, Scurtu Alina, Scorpan Anatolie

**Scientific advisor:** Istrati Valeriu, PhD, Professor, Discipline of Internal Medicine-Semiology, Department of Internal Medicine, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

**Introduction.** Obesity or exaggerated growth of adipose tissue according to body mass index (BMI) has shown an increase in the prevalence of gastroesophageal reflux disease (GERD), which significantly affects the quality of life in patients suffering from GERD. The lowest prevalence of GERD was 6.64% for people with a BMI of 18.5, while the highest prevalence of GERD was seen in those with a BMI  $\geq 30.0$  and is 22.63%.

**Aim of study.** To determine the mechanisms by which obesity influences the development and progression of GERD symptoms and patients' quality of life.

**Methods and materials.** The study was carried out by researching the articles that were published in the period 2020-2023, using the PubMed, NCIB, Medscape, Mendeley databases, using the keywords: "GERD", "obesity", "quality of life", "relationship", "treatment", also analysis of 100 SF-36 questionnaires.

**Results.** Previous research has indicated that high BMI is a risk factor for the development and severity of GERD symptoms. The mechanisms by which obesity is involved in the development of GERD are: increased intragastric pressure, decreased lower esophageal sphincter pressure, and increased frequency of transient relaxation of the lower esophageal sphincter, which results in acid reflux. Significantly poorer scores on all 8 SF-36 scales, physical function and well-being, and emotional well-being in patients with obesity and GERD compared to the general population have been reported in the scientific literature. Thus, an individualized diet, especially a Mediterranean one, weight loss and targeted treatment for GERD results in the patient's quality of life outcome.

**Conclusion.** Only a few mechanisms by which obesity causes and/or influences the severity of GERD symptoms are described, all further studies are needed to determine the exact mechanism and establish new therapeutic approaches culminating in improving the quality of life of patients with obesity and GERD.