



Press Release

April 21, 2009

HKU Study Asserts that Asthmatic Patients with Gastro-esophageal Reflux Disease Have Poor Asthma Control and Quality of Life

Both asthma and gastro-esophageal reflux disease (GERD) are common conditions in Hong Kong. A study conducted by the Department of Medicine, The University of Hong Kong Li Ka Shing Faculty of Medicine, aimed to determine the prevalence of GERD in asthmatic patients and examine the impact of GERD as well as its association with asthma control, reveals that GERD sufferers have significantly worse asthma control and quality of life with more anxiety and depression.

GERD and Asthma in HK

Both asthma and GERD are common medical conditions affecting patients of all ages. In Hong Kong, the prevalence of asthma in children and adults were estimated to be 10.5% and 5% respectively. The reported percentage of patients with asthma who needed total acute care usage, including hospitalization, emergency room visits or other unscheduled urgent care in the Asia Pacific region ranged from 27.2% to 84.8%. The workdays lost due to poorly controlled asthma ranged from 7.5 to 46.6 days per year. 8.9% of the general population in Hong Kong suffered at least one reflux episodes monthly and 2.5% weekly.

Asthma and GERD often co-exist and significantly affect patient's quality of life with significant associated morbidity. The significantly higher prevalence of GERD in asthma compared to the general population suggests that the two conditions may be causally linked.

Research methodology

A total of 218 patients with asthma who attended the respiratory clinic at Queen Mary Hospital from September to December 2007 were recruited. The questionnaire included 5 parts:

- Questions to collect demographic data.
- The locally validated Chinese GERD questionnaire, consisting of 20 items, including heartburn, acid regurgitation, chest pain, dysphasia, dyspepsia, belching, globus, hoarseness of voice, chronic cough and feeling of acidity in the stomach, was used to assess the presence of GERD.

- The 36-items Short Form Health Survey (SF-36), consisting of 11 items measuring physical functioning, role-physical, bodily pain, general health, vitality, social functioning, role-emotional and mental health, was used to assess quality of life.
- Hospital Anxiety and Depression Score (HADS), consisting of 7 questions on anxiety and 7 questions on depression, was used to assess their psychological status.
- The level of asthma control was assessed by Asthma Control Test (ACT).

Findings of the Study

The result shows that 88 (40.4%) out of 218 asthmatic patients suffered from GERD as defined by the GERD questionnaire. The result also reveals that GERD sufferers have significantly worse asthma control when compared with those without GERD. For details of the result, please refer to the table below:

Asthma Control	GERD % (Total no of patients: 88)	Non-GERD % (Total no of patients:130)
Poor control	44.3% (39)	32.3% (42)
Moderate control	51.1% (45)	52.3% (68)
Good control	4.5% (4)	15.4% (20)

Asthma patients with GERD had a significantly worse quality of life in all domains of SF-36.

Moreover, the result of HADS shows that asthma subjects with GERD had higher average anxiety (6.82 vs 4.90) and depression scores (6.09 vs 4.05) compared with those without GERD as reflected in HADS.

Asthma sufferers with GERD should be treated

The study asserts that a significant proportion of asthmatic patients suffered from GERD. It also demonstrated that GERD is associated with poorer asthmatic control, quality of life and psychological status. Therefore, all patients with symptomatic GERD, especially those with asthma, should be treated.



新聞稿

二零零九年四月二十一日

港大研究發現患有胃食道反流的哮喘病人
病情控制欠佳及生活質素不良

哮喘和胃食道反流都是在香港常見的疾病。香港大學李嘉誠醫學院進行一項研究，目的是找出胃食道反流在哮喘病人中的發病率，並探討胃食道反流對哮喘病人的影響，及對哮喘病控制的關係。研究結果顯示，患有胃食道反流的哮喘病人對哮喘的控制明顯較差，生活質素亦欠佳，同時他們會較為焦慮及抑鬱。

香港的哮喘和胃食道反流

哮喘和胃食道反流都是常見病，患者分佈於不同年齡組別。在香港約有 10.5% 的小童及 5% 的成人患有哮喘。在亞太區，需要住院、看急症及接受緊急哮喘病控制治療的嚴重哮喘病人，佔總患病者的 27.2% 至 84.8% 不等。在亞太地區因哮喘控制欠佳而導致損失的工作日每年有 7.5 至 46.6 天不等。另外，在香港，每月有一次胃食道反流人的佔整體人口的 8.9%，而每週有一次胃食道反流的則佔 2.5%。

哮喘和胃食道反流經常同時出現在病者身上，並嚴重影響患者的生活質素。胃食道反流在哮喘患者中發病率較高，反映兩種病可能有因果關係。

研究方法

研究邀請了 218 位於 2007 年 9 至 12 月間在瑪麗醫院哮喘科接受治療的病人參與問卷調查。問卷調查總共有 5 部分，包括：

- 收集人口數據的問題;
- 經本地確認的胃食道反流問卷，內容涵蓋 20 個評估是否患有胃食道反流的項目，包括胃灼熱、胃酸反流、胸痛、言語障礙症、消化不良、打嗝、吞嚥障礙、聲音沙啞、感到胃酸過多等;
- 中文版 SF-36 心理測量工具，以 11 個項目評估生活質素，包括身體生理功能、因生理功能角色受限、身體疼痛、一般健康、活力、社交能力、因情緒角色受限和心理健康等;

- 醫院焦慮抑鬱量表 (HADS)，以 7 條有關焦慮及 7 條有關抑鬱的問題，評估心理狀態；及
- 哮喘控制指數問卷，以評估哮喘控制狀況。

研究結果

胃食道反流問卷結果顯示，在 218 名受訪者中，超過 4 成哮喘病人(40.4%，88 人)患有胃食道反流。相對沒患有胃食道反流的哮喘病患者，患有胃食道反流的哮喘病人對哮喘的控制明顯較差，詳見以下圖表：

哮喘控制	胃食道反流 % (共 88 人)	無胃食道反流 % (共 130 人)
控制欠佳	44.3% (39 人)	32.3% (42 人)
中度控制	51.1% (45 人)	52.3% (68 人)
良好控制	4.5% (4 人)	15.4% (20)人

SF-36 心理測量工具的結果顯示，患有胃食道反流的哮喘病人於 11 個評估生活質素項目都有較差的評級，反映他們的生活質素明顯較差。

另外，根據醫院焦慮抑鬱分數 (HADS) 的結果顯示，患有胃食道反流的哮喘病人的焦慮 (6.82 相對 4.90) 及抑鬱指數 (6.09 相對 4.05) 明顯較沒有患胃食道反流的哮喘病人為高。

有胃食道反流的哮喘患者應接受治療

研究証實相當比例的哮喘患者有胃食道反流，而胃食道反流會令哮喘病人病情控制明顯較差、生活質素及精神狀態欠佳。因此患有胃食道反流病的哮喘患者應接受胃食道反流治療。