



Press Release

**HKU Study Asserts that Non-cardiac Chest Pain Caused by GERD
Is as Distressing as Cardiac Chest Pain**

A study conducted by the Department of Medicine, The University of Hong Kong Li Ka Shing Faculty of Medicine entitled “**Quality of Life and Psychological Impact in Patients with Noncardiac Chest Pain**”, which evaluated the differences in symptoms, quality of life and psychological impact between patients with **non-cardiac chest pain (NCCP)** and **cardiac chest pain (CCP)**, reveals that **impacts of both diseases to patients are comparable to each other.**

The study also found that **NCCP patients who have gastroesophageal reflux disease (GERD) show higher levels of anxiety, greater absenteeism from work and experience a greater impact on their social life compared with those without reflux symptoms.** Results of the study are going to be published in the *Journal of Clinical Gastroenterology*, a renowned international journal in digestive disease research.

GERD – A major cause of NCCP

Chest pain is a common health disorder in Asia. It can be broadly categorized as CCP which is caused by heart diseases (e.g. coronary heart disease) and NCCP. Studies in Western countries discovered that NCCP accounts for 40% of all chest pain cases.

GERD is the most common cause of NCCP. In Hong Kong, 51% of the NCCP cases are caused by GERD. Studies found that GERD affects almost half a million people in Hong Kong, and the disease intensified the problems of NCCP by increasing its severity and frequency when compared with those non-GERD patients.

Effects of GERD similar to CCP

The study evaluated a total of 281 patients with chest pain from Hong Kong (81) and Wuhan (200), China. Among them, 140 (Hong Kong 40; Wuhan 100) are NCCP patients who showed normal angiography; 141 (Hong Kong 41; Wuhan 100) are CCP patients who showed abnormal angiography.

A questionnaire was developed to assess patients’ clinical presentations, level of anxiety and quality of life. The validated gastroesophageal reflux disease questionnaire, the Hospital Anxiety-Depression Scale, and the 12-item Short Form Health Survey (SF-12) were incorporated in the questionnaire. NCCP patients with normal angiography were invited for upper gastrointestinal endoscopy for further assessment.

It was found that **NCCP patients reported similar days-off work and impairment of their social life compared with those with CCP. No significant difference was found in the anxiety and depression scores between the two groups:**

	NCCP patients (141)	CCP patients (140)
No. of patients taking sick leaves	13 (9%)	11 (8%)
No. of patients with adverse social life	18 (13%)	14 (10%)
Average anxiety score	6.29 (\pm 4.09)	5.55 (\pm 3.38)
Average depression score	6.37 (\pm 4.36)	6.62 (\pm 4.03)

On the other hand, **NCCP patients with GERD had taken more sick leaves, reported more interruption of their social life, and had significantly higher anxiety score compared with those without GERD:**

	NCCP patients with GERD (53)	NCCP patients without GERD (88)
No. of patients taking sick leaves	9 (17%)	4 (5%)
No. of patients with adverse social life	14 (26%)	4 (5%)
Average anxiety score	7.19 (\pm 4.24)	5.74 (\pm 3.92)

Public awareness on GERD need to be strengthened

“Chest pain is a highly worrying symptom. Our study reveals that most people associate chest pain with heart diseases only. However, it can actually be caused by GERD,” said Professor Benjamin Wong Chun-yu, Professor, Division of Gastroenterology & Hepatology, Department of Medicine, The University of Hong Kong. “These new data suggest that the true impact of GERD is only now becoming apparent. Public education is most essential to arouse public awareness on GERD, so that people can seek relief from GERD-associated symptoms and pain,” added Professor Wong.

“The study has further confirmed that GERD has a negative impact on patients’ quality of life and places a heavy socioeconomic burden on both Hong Kong and Mainland China,” said Dr Cheung Ting-kin, key study investigator and Teaching Consultant, Division of Gastroenterology & Hepatology, Department of Medicine, The University of Hong Kong. “Patients should seek treatment immediately to minimize possible adverse effects on their well being, productivity and social life,” added Dr Cheung.

Effective treatment for GERD – proton pump inhibitors

Chest pain caused by GERD has physical causes and is rarely curtailed by lifestyle modifications alone. GERD sufferers need persisted medication to alleviate their symptoms. **Proton pump inhibitors (PPIs)** provide the best treatment and a reliable diagnostic tool for NCCP and GERD according to international treatment guidelines and recent studies in Asia. PPIs act by ‘switching off’ some of the acid pumps that produce stomach acid and thereby reduce the risk of chest pain symptoms.

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新聞稿

港大研究發現胃酸倒流引致非心源性胸痛 與心源性胸痛同樣嚴重影響生活質素

一項由香港大學李嘉誠醫學院內科學系進行，名為「非心源性胸痛對病人生活質素及心理影響」的最新研究，評估非心源性胸痛以及心源性胸痛在病徵，以及對患者的生活質素和心理影響的分別，結果發現兩種病症對病人生活影響的程度相若。

研究亦發現同時患有胃食道反流性疾病(俗稱胃酸倒流)的非心源性胸痛病人，較一般非心源性胸痛病人出現較多焦慮、因此病而請病假的情況較普遍、社交生活亦受較大影響。是次研究結果將刊載於國際腸胃學術期刊《臨床腸胃病學雜誌》(Journal of Clinical Gastroenterology)。

胃酸倒流 — 非心源性胸痛的主要成因

胸口痛在亞洲是一種很常見的健康問題，可概分為由心臟病(如冠心病)引發的心源性胸痛，以及非心源性胸痛。外國研究顯示非心源性胸痛大約佔胸口痛個案的40%。

非心源性胸痛的其中一個主要成因為胃酸倒流，在香港有51%的非心源性胸痛病例由胃酸倒流引起。研究發現香港約有50萬名胃酸倒流患者，此症會加重非心源性胸痛的病情，與沒有胃酸倒流的患者相比，其胸口痛次數較多，疼痛程度亦更嚴重。

胃酸倒流影響與心源性胸痛相若

是次研究評估281名來自香港(81人)及武漢(200人)的胸口痛患者。當中140名患者(40名香港、100名武漢)血管造影正常，屬非心源性胸痛患者；141名患者(41名香港、100名武漢)血管造影不正常，屬心源性胸痛患者。

研究人員再以問卷評估患者的臨床數據、焦慮程度及生活質素。問卷內容包括胃酸倒流問卷、醫院焦慮抑鬱量表，及SF-12健康生活問卷調查。非心源性胸痛患者會被轉介作上消化道內窺鏡檢查，以作進一步評估。

研究發現非心源性胸痛患者因此病症而請假的情況，以及在社交生活上所受的負面影響，均與心源性胸痛患者情況相若。兩組病患者的焦慮和抑鬱指數亦無明顯差異：

	非心源性胸痛患者(141 人)	心源性胸痛患者(140 人)
曾經請病假人數	13 人(9%)	11 人(8%)
社交生活受負面影響人數	18 人(13%)	14 人(10%)
平均焦慮指數	6.29 (± 4.09)	5.55 (± 3.38)
平均抑鬱指數	6.37 (± 4.36)	6.62 (± 4.03)

此外，在非心源性胸痛病人之中，胃酸倒流患者相對於非胃酸倒流患者而言，他們因此病而請假的情況更普遍、社交生活受負面影響更大、焦慮指數亦明顯更高：

	患有胃酸倒流的 非心源性胸痛病人(53)	沒有胃酸倒流的 非心源性胸痛病人(88)
曾經請病假人數	9 人 (17%)	4 人(5%)
社交生活受負面影響人數	14 人(26%)	4 人(5%)
平均焦慮指數	7.19 (± 4.24)	5.74 (± 3.92)

公眾對胃酸倒流的關注有待加強

香港大學內科學系腸胃及肝臟科王振宇教授表示：「胸口痛是令人非常擔憂的病症，是次研究發現，一般人認為胸口痛只與心臟病有關，而事實上這個病症亦會由胃酸倒流引起。數據更清晰地顯示胃酸倒流的真正影響。為了增加公眾對此病的認識，讓患者減低與此病有關的病徵及痛症，進行公眾教育是極為重要。」

香港大學內科學系腸胃及肝臟科教學顧問張鼎堅醫生表示：「是次研究進一步確定胃酸倒流除了對患者的生活質素有負面影響，而這些影響甚至會為香港及內地帶來沉重的社會經濟負擔。患者應該立即尋求治療，以減低該病對他們的整體健康、生產力及社交生活的負面影響。」

胃酸倒流的有效療法 — 胃酸泵抑制劑

由胃酸倒流引致的胸口痛是由生理原因引起，單靠改變生活習慣難以減輕病情。患者須持續接受藥物治療，以控制病情。根據國際治療指引及亞洲胃腸病學家最新研究顯示，胃酸泵(或稱質子泵)抑制劑為非心臟病胸口痛和胃酸倒流患者的最佳治療及診斷方法。胃酸泵抑制劑透過減少胃酸分泌，減低引發胸口痛的機會。

如欲索取補充資料，請瀏覽網址：http://web3.hku.hk/facmed/hkumed/news_list.php。

二零零八年一月七日