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

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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

<table>
<thead>
<tr>
<th>No. of symptoms</th>
<th>Adjusted odds ratio</th>
<th>95% CI</th>
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</thead>
<tbody>
<tr>
<td>0 (reference)</td>
<td>1.00</td>
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</tr>
<tr>
<td>1-3</td>
<td>1.87</td>
<td>1.56-2.28</td>
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<tr>
<td>4-5</td>
<td>15.80</td>
<td>11.40-21.88</td>
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Conclusion
Our study supports the use of these atypical symptoms for GORD identification.