gastroesophageal reflux disease: The prevalence gastroesophageal reflux disease in the Kingdom of Bahrain

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Abstract

Background: Middle eastern countries have shown a dramatic increase in the number of patients diagnosed with gastroesophageal reflux disease (GERD). Statistics have shown that 30% of the UAE population is diagnosed with GERD.[1] Moreover, 28.7% of Suadi Arabia's population[2] are diagnosed with GERD, which makes it higher than western countries (8.1%-27.8% in North America, 8.8%-25.9% in Europe) [3]. Despite the number of studies that have been conducted in the Middle East, none have shown the prevalence of GERD in the kingdom of Bahrain.

Materials and method: A cross-sectional study has been carried out by validated GERD E-questionnaire (GerdQ). A total of 630 Bahraini participants were randomly selected throughout different social media platforms, obeying the sociodemographic factors. The duration of the study was from December 1st, 2019 till February 15th, 2020. The data were elicited using a statistical analysis software known as SPSS version 21.0. Accordingly, the Chi-square test has been used as an analytic tool to modulate the differences between categorical variables in the same population.

Results:

- Out of 630 participants, 172 were formally diagnosed with GRED by their physicians (27.3%).
- Out of 458 participants, 116 have met the criteria to be diagnosed with GRED by GerdQ. (25.3%)
- summing up both formally diagnosed patients by their physicians and participants that have met the criteria of GERD, the prevalence is confirmed to be 45.7%.

Conclusion:

The prevalence of GERD in the Kingdom of Bahrain is 45.7%. Therefore, the kingdom of Bahrain displays a higher rate of patients with GERD compared to other middle eastern and western countries. Additionally, statistics have shown that individuals that fall under the age of 18-24 are more likely to develop GERD. Accordingly, It has been proven that married couples have a higher incidence rate in contrast to other marital statuses.

Image

	FORMALLY DIAGNOSISED WITH GERD		
	NO	YES	Total
BAHRAINI	458	172	630

Table 1: utilizes the total number of participances that have not been diagnosed with GERD by their physician

	GerdQ score		Total
	Less than 8	More than 8	
BAHRAINI	342	116	458

Table 2: utilizes the number out of undiagnosed participate, that were diagnosed by GerdQ by scoring more than 8.

Recent Publications (minimum 5)

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3. Bor S, Kitapcioglu G, Kasap E. Prevalence of gastroesophageal reflux disease in a country with a high occurrence of *Helicobacter pylori*. *World J Gastroenterol*. 2017;23(3):525-532. doi:10.3748/wjg.v23.i3.525.
4. Kamolz, T., R. Pointner, and V. Velanovich. "The impact of gastroesophageal reflux disease on quality of life." Surgical Endoscopy and Other Interventional Techniques 17.8 (2003): 1193-1199.
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6. Med.umich.edu. 2020. [online] Available at: [Accessed 15 March 2020].
7. Çela, Lulzim, et al. "Lifestyle characteristics and gastroesophageal reflux disease: a population-based study in Albania." Gastroenterology research and practice 2013 (2013).



Biography

Dr. Muneera Alrowaila has an MBBS from King Faisal University. Currently, she is a surgical resident in ENT and general surgery at Awali hospital. Her aim is to pass MRCS and get into the ENT resident program. Believes in the power of great teamwork and she is a hard-working person. She admires the volunteer work towards the community and has organized many illness awareness campaigns towards the community..

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