

A Descriptive Cross-Sectional Study on Clinico-Endoscopic Profile of Patients Presenting with Dyspepsia

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ABSTRACT

Background: Dyspepsia is defined as an upper gastrointestinal symptom complex, characterized by epigastric pain and/or discomfort for minimum four weeks including burning sensation and may also comprise abdominal bloating, heartburn, early satiety or nausea, acid regurgitation, feeling of abnormal or slow digestion and excessive burping/belching. The most common causes of dyspepsia are peptic ulcer disease, gastro-esophageal reflux (with or without esophagitis), and malignancy. This study was carried out to describe the clinical, endoscopic and epidemiological profile of patients presenting with dyspepsia.

Methods: A descriptive cross-sectional study was done on 145 subjects presenting with dyspepsia (>1-month duration) in Department of General Surgery, Shri Sathyasai Medical College and Research Institute, Ammapettai, Kanchipuram from January 01, 2018 - June 30, 2019. Detailed history including symptoms at presentation, ALARM symptom and Upper Gastrointestinal endoscopy was done. Categorical outcomes were compared using Chi square /Fisher's test. P value < 0.05 was statistically significant.

Results: The mean age was (43.14±13.88) years. 55.9% males and 44.1% females. 22.76% participants were smokers, 30.34% alcoholics 33.79% had diabetes and 14.48% had hypertension. Antral gastritis (26.9%), GERD (17.24%), pancreatitis (16.55%), hiatus hernia (8.97%), stomach carcinoma (6.2%) and esophageal carcinomas (1.4%) were diagnosed in endoscopic examination. Nausea (82.07%), Heartburns (60.69%), Epigastric pain (57.93%) were major presenting symptoms. Among the study population, 55 (37.93%) participants had alarm symptoms. Diabetic patients showed statistically significant association with Alarm symptom ($p < 0.001$).

Conclusion: In our study, the most common endoscopic finding was antral gastritis and the predominant symptoms were Epigastric pain, Nausea, Heartburns and Anorexia. Patients who are diabetic showed an increase in Alarm symptoms.

Key words: dyspepsia, antral gastritis, risk factors, alarm symptoms, Helicobacter Pylori