Risk Factors for Erosive Esophagitis

In patients with gastroesophageal reflux disease (GERD), the risk factors for developing erosive esophagitis are unclear.

6215 patients with heartburn underwent endoscopy and biopsy. 2834 patients had non-erosive (NERD) and 2455 had erosive (ERD) reflux disease. 926 had complicated reflux disease. Risk factor analysis was performed on those with NERD or ERD. Logistic regression analysis identified the following as independent risk factors for ERD: male gender ($P < .0001$), overweight ($P < .0001$), regular intake of alcohol ($P = .0012$), history of reflux of > 1 year ($P < .0123$), and smoker or ex-smoker ($P = .0517$). Patients with ERD were less likely to be $H. pylori$ positive ($P = .0247$). In the subgroup of patients with severe ERD (grades C and D of the Los Angeles classification), the same risk factors were confirmed. Age, family history of reflux disease, use of aspirin, and use of nonsteroidal anti-inflammatory drugs were not related to ERD.

As no single risk factor can predict ERD in patients with GERD, endoscopy is still required to confirm or rule out ERD.