

A Unique Cross Sectional Study of Short Term Transoral Incisionless Fundoplication Outcomes

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Introduction



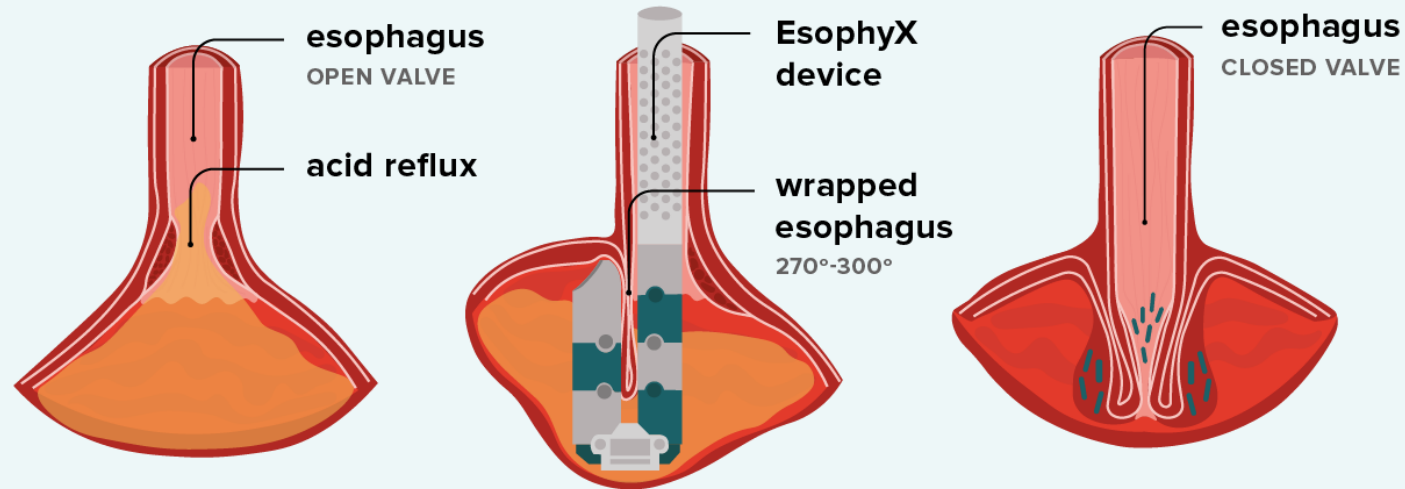
Transoral incisionless fundoplication (TIF) is a relatively new procedure and treatment modality for patients suffering with gastroesophageal reflux disease (GERD).

The procedure has many benefits when compared to surgical intervention including shorter procedure time, hospital stay, and recovery. However, the outcomes after the patient leaves the hospital are less understood. Through clinical observations, our study aims to characterize how patients perceive the success of TIF.

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TIF Nonsurgical Procedure

Relief from acid reflux



healthline

Performed with the use of an endoscope device to restore the integrity of the gastroesophageal valve by creating a 270 degree wrap around the distal esophagus with polypropylene fasteners. The patient is under general anesthesia.

Methods



The descriptive study design encompassed patients eligible for a TIF procedure seen in the clinic for screening of their GERD symptoms before the procedure at Menorah Medical Center. They were followed up nine months to one year later and telephoned a series of questions.

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- Do you still experience any GERD symptoms? Yes or no.
- If you do experience GERD symptoms, do you have more frequent attacks of GERD or does the duration of your GERD attacks last longer? Frequency or duration.

- Are you on a PPI? Yes or no.
- Has your quality of life improved? Yes or no.
- The only exclusion criteria was if a patient from the study had repeated TIF procedures.

Results



18 patients with a history of GERD were contacted (six males, twelve females). Ages 20's through 70's, were randomly called from the patient roster. 78 percent (14/18) did not have GERD symptoms, 22 percent (4/18) had GERD symptoms after the TIF procedure. Patients could not necessarily quantify if they had more frequent attacks or duration of symptoms. 61 percent (11/18) were not requiring a PPI anymore, whereas 39 percent (7/18) did still require a PPI after the procedure. 83 percent (15/18) agreed that their quality of life improved, and 11 percent (2/18) did not. One patient (six percent) stated that there was no change in their quality of life.

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TIF Results

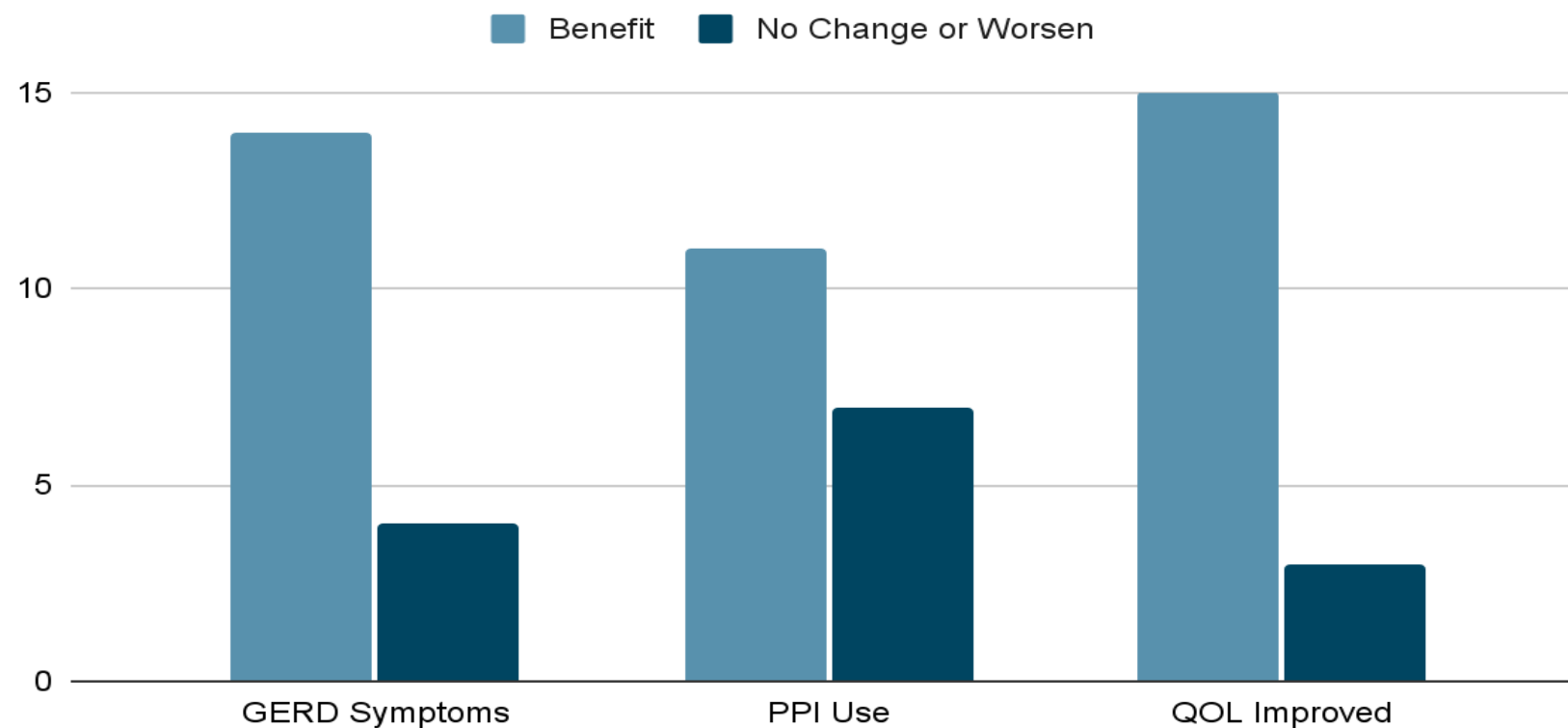


Figure 1

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Discussion



Based on the findings in this study, there was a significant improvement in the quality of life after a TIF procedure with patients who have a history of GERD.

Furthermore, the large majority of patients did not require a PPI which underscores the clinical impact of this minimally invasive procedure.

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Conclusion

Future research should be aimed towards determining whether the TIF procedure can provide long-term symptom relief, as well as how it compares to alternative interventions.



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References



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