



## Prevalence of Gastroesophageal Reflux during First Year of Life in Infants Admitted in Pediatric Department of Imam Reza Hospital-Mashhad

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### **Abstract**

#### **Introduction:**

Gastroesophageal reflux (GER) is the most common of esophageal disorder in all ages. GER defined as passage of gastric contents into the esophagus, and GER disease (GERD), (symptoms or complications of GER), are common pediatric problems. Clinical manifestations of GERD in infants include regurgitation, irritability, choking, gagging vomiting, poor weight gain and respiratory disorder. The purpose of this study is evaluation prevalence of Gastroesophageal reflux and its symptoms in infants during first year of life.

#### **Materials and Method:**

This study was performed on 75 infants younger than one year old, who were admitted in pediatric department of Imam Reza Hospital in Mashhad during 3 months.

#### **Results:**

In this study in a three- month period, GER was assessed in 75 infants younger than one year who were admitted in pediatric department of Imam Reza Hospital. Their parents reported GER in 66% of these infants. The most common symptom of reflux was regurgitation. Regurgitation was reported at least once a day to seven times a day. The other reported symptoms were respectively: irritability (16%), choking (10%), and failure to thrive (0.3%). Peak reported regurgitation was 60% at 3.5 months.

#### **Conclusion:**

Gastroesophageal reflux is a common problem in infancy. Complaints of regurgitation are common during the first year of life. So understanding the symptoms of GER and recognition of GERD should be considered.

**Keyword:** Infant, Gastroesophageal Reflux, Prevalence.

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