

## Prevalence of Gastroesophageal Reflux among Medical Students in Guyana

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### **Abstract**

**Introduction:** *The medical sciences are believed to be one of the most tedious, high stress fields of study. For one, it takes relatively more time in years to complete the MBBS/ MD degree than it would take for a first degree in a social science course and even more time when one decides to specialize in certain areas such as surgery. It necessitates heavy class hours as well as extensive self-study. In addition to this, medical students, specifically those away from home have to take care of their own needs such as home care, self-care, and meal preparations and define their own means of stress relief. Medical students tend to develop poor eating habits, recreational drug use and alcoholism. These factors in conjunction with the 'school stress', are major contributors. The aim of this research is to evaluate the prevalence of gastroesophageal reflux in a Guyanese medical school to brainstorm possible means of improvement.*

**Method:** *surveys are to be completed by faculty and students of the university as well as a review of literature concerning the topic will be done. Once the data is fully compiled, the researcher should be able to brainstorm policies of change and outline routes for policy instigation.*

**Discussion:** *Gastric reflux is the up flow of stomach contents through the esophagus and is usually associated with either excess acid production in the stomach or decreased pressure of the usually tonic-lower esophageal sphincter. Chronic reflux is called Gastroesophageal Reflux Disease. Common symptoms include heart burn, lump in throat sensation, "sour burp" and a sweat taste at the back of the throat. Causes vary from congenitally weak LES to laying down during or after a meal and so on.*

**Keywords:** *Gastroesophageal reflux, sour burp, lower esophageal sphincter.*