

# GERD Health-Related Quality of Life (GERD-HRQL) Questionnaire

## Scale:

0=No Symptoms    1=Noticeable, but not bothersome    2=Noticeable, bothersome, but not every day  
3=Bothersome daily    4=Bothersome and affects daily activities    5=Incapacitating to do daily activities

## Questions (Circle One):

How bad is the heartburn?	0	1	2	3	4	5
Heartburn when lying down?	0	1	2	3	4	5
Heartburn when standing up?	0	1	2	3	4	5
Heartburn after meals?	0	1	2	3	4	5
Does heartburn change your diet?	0	1	2	3	4	5
Does heartburn wake you from sleep?	0	1	2	3	4	5
Do you have difficulty swallowing?	0	1	2	3	4	5
Do you have pain while swallowing?	0	1	2	3	4	5
Do you have gassy or bloating feeling?	0	1	2	3	4	5
If you take reflux medication, does this affect your daily life?	0	1	2	3	4	5

**TOTAL SCORE (enter total here; 50 points total)** \_\_\_\_\_

How bad is the regurgitation?	0	1	2	3	4	5
Regurgitation when lying down?	0	1	2	3	4	5
Regurgitation when standing up?	0	1	2	3	4	5
Regurgitation after meals?	0	1	2	3	4	5
Does regurgitation change your diet?	0	1	2	3	4	5
Does regurgitation wake you from sleep?	0	1	2	3	4	5
How satisfied are you with your current health condition?	Satisfied	____	Neutral	____	Dissatisfied	____

Are you currently taking any medications for heartburn or GERD?    Yes                      No

Please circle any of the medications you have taken in the past or are currently taking:

Nexium    Prilosec    Prevacid    Aciphex    Protonix    Zegerid    Kapidex    Dexilant    Zegerid    Vimovo

Your first and last name: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_



# Published Risks Associated With PPI Use

Dementia<sup>1</sup>

Stroke<sup>2</sup>

Increased risk of heart attack<sup>3</sup>

Cardiovascular disease<sup>4</sup>

PPI interaction with Plavix<sup>5</sup>

Fundic gland polyps<sup>7</sup>

Increased pneumonia risk<sup>6</sup>

Chronic kidney disease<sup>8</sup>

Increased risk of C. difficile<sup>9</sup>

Increased risk of osteoporosis fractures<sup>11</sup>

Increased risk of small intestine bacterial and fungal infection<sup>10</sup>

Vitamin B12 deficiency<sup>12</sup>

Iron deficiency<sup>13</sup>

Magnesium deficiency<sup>14</sup>

## References:

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<sup>3</sup> Shah NH, et al; PLoS One. 2015 Jun 10;10(6):e0124653.

<sup>4</sup> Shiraev TP, et al; Heart Lung Circ. 2017 Nov 20. pii: S1443-9506(17)31467-1.

<sup>5</sup> Niu Q, et al; J Cardiovasc Pharmacol Ther. 2016 Aug 10. pii: 1074248416663647.

<sup>6</sup> Lambert AA, et al; PLoS One. 2015 Jun 4;10(6):e0128004.

<sup>7</sup> Tran-Duy, An, et al; CGH Journal. December 2016; Volume 14, Issue 12, Pages 1706–1719.e5.

<sup>8</sup> Lazarus B, et al; JAMA Intern Med. 2016 Feb 1;176(2):238-46.

<sup>9</sup> Trifan, Anca, et al; World J Gastroenterol. 2017 Sep 21; 23(35): 6500–6515.

<sup>10</sup> Jacobs C, et al; Aliment Pharmacol Ther. 2013 June; 37(11): 1103–1111.

<sup>11</sup> Arj, A., et al; Int J Rheum Dis. 2016 19: 864–868. doi:10.1111/1756-185X.12866.

<sup>12</sup> Lam JR, et al; JAMA. 2013;310(22):2435-2442.

<sup>13</sup> Lam JR, et al; Gastroenterology 2017;152:821–829.

<sup>14</sup> William JH, Danziger J; Jour Clin Pharm. 2016 Jun; 56(6): 660-668.