

Does Pharmacological treatment of Gastro-Oesophageal Reflux Disease help Asthma sufferers?

Clinical Question	Is gastro-oesophageal reflux disease (GORD) treatment effective in terms of its benefits for asthma in adults and children with asthma?
Bottom Line	Some uncertainty surrounds the effectiveness of GORD treatment for people with asthma, particularly around outcomes of acute exacerbations and change in AQLQ. However, some evidence suggests that medical treatment with proton pump inhibitors, histamine 2 receptor antagonists, or prokinetics for GORD may result in reduced use of rescue medications and improved FEV ₁ and morning PEF, although the certainty of this evidence is currently moderate to low, and it is unlikely that the improvements seen are clinically significant.
Caveat	Most trials assessed participants with asthma across a range of spirometric severities, mainly from "mild" to moderate. Broad international recruitment was seen across these studies, with participants enrolled predominantly from the United States, Europe, United Kingdom, India, Brazil, Chile, Iran, and China. As a result, the outcomes of this review could be generalised to most people with asthma and GORD. Evidence to support surgery for adults with asthma and GORD is currently lacking, as is evidence in the paediatric population.
Context	Asthma and GORD are common medical conditions that frequently co-exist. GORD has been postulated as a trigger for asthma; however, evidence remains conflicting. Proposed mechanisms by which GORD causes asthma include direct airway irritation from micro-aspiration and vagally mediated oesophagobronchial reflux. Furthermore, asthma might precipitate GORD. Thus, a temporal association between the two does not establish that GORD triggers asthma.
Cochrane Systematic Review	Kopsaftis Z, Yap HS, Tin KS, Hnin K, Carson-Chahhoud KV. Pharmacological and surgical interventions for the treatment of gastro-oesophageal reflux in adults and children with asthma. Cochrane Database of Systematic Reviews 2021, Issue 5. Art. No.: CD001496. DOI: 10.1002/14651858.CD001496.pub2. This review contains 23 trials with a total of 2,872 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001496.pub2/full>