

Heartburn Health Update

FEBRUARY 2019

At OhioHealth, patient education is a key part of our partnership in helping you understand your heartburn condition and ongoing care. In this Heartburn Health Update, you can read about a new study, excellence in heartburn treatment and information about the LINX® Reflux Management System.

The Value of Treatment from Surgeons Specializing in Foregut Disease

A recent study* done at UNC Chapel Hill looked at surgical outcomes for laparoscopic hiatal hernia repair and Nissen fundoplication (a surgical procedure to treat GERD and hiatal hernia). The study asked the question, does experience (expertise) matter? Turns out it does.

- + Surgeons who perform 10 or fewer laparoscopic hiatal hernias and Nissen funduplications per year had the highest postoperative complication rate, recurrence rate and healthcare costs.
- + Surgeons who performed between 10 and 25 cases per year had fewer complications, recurrences and healthcare costs, but still had more than should be considered acceptable.
- + Surgeons who performed more than 25 cases per year had by far the fewest complications, recurrences and lowest healthcare costs.

It was also noted that expertise in the diagnosis of foregut diseases was a contributing factor to achieving the best postoperative outcomes and overall patient satisfaction.

**Department of Surgery, University of North Carolina at Chapel Hill, 2017 - Antireflux Surgery in the USA: Influence of Surgical Volume on Perioperative Outcomes and Costs—Time for Centralization?*

Announcing the New American Foregut Society and Centers of Excellence

The American Foregut Society (AFS) is a new international medical society for surgeons and gastroenterologists who specialize in foregut disease. The mission of the AFS is to help guide both the diagnosis and management of foregut disease through a multidisciplinary approach.

The intent is to foster research and ultimately develop benchmarks for excellence that will culminate in “Centers of Excellence” criteria.

Having “Centers of Excellence” in foregut disease will translate into improvement in care, safety and value for patients with this condition.

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OhioHealth Mansfield Heartburn Treatment Clinic as Center of Excellence

The OhioHealth Mansfield Heartburn Treatment Clinic has been identified by Johnson & Johnson as a model for Centers of Excellence around the country, based on several factors including the following:

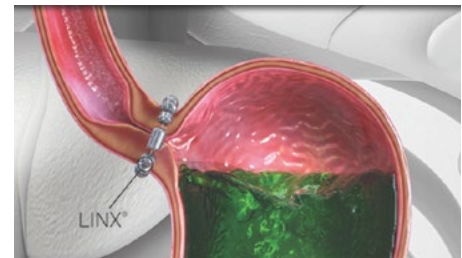
- + In the past 12 months, nearly 200 foregut surgeries have been performed at the Mansfield Heartburn Treatment Clinic.
- + The Clinic has state-of-the-art diagnostic capabilities and a comprehensive interventional program, including the treatment of advanced diseases, such as:
 - Barrett's esophagus
 - Esophageal strictures
 - Motility disorders of the esophagus
 - Esophageal cancer
- + A patient-tracking software program will soon be launched that will allow the Clinic to better follow outcomes and facilitate communication with patients via a free app.
- + Additionally, Clinic staff members are actively engaged in clinical research and are working with other hospitals around the country for further understanding of the diagnosis and treatment of foregut diseases.

Treatment of GERD with the LINX® Reflux Management System

The LINX® Reflux Management System is an FDA-approved device that may be recommended for patients experiencing symptoms of gastroesophageal reflux disease (GERD). Surgical treatment of GERD should be considered when patients' symptoms are not controlled with lifestyle modification and medications. Patients who do not want to take medications indefinitely may also want to consider surgical options.

What is GERD?

GERD is a chronic, often progressive disease caused by a weak lower esophageal sphincter (LES). The LES acts like a valve, allowing food and liquid to pass through to the stomach. Normally, the LES resists opening to gastric pressures to prevent reflux. In people with GERD, the LES is weak and allows acid and bile to reflux from the stomach into the esophagus, often causing injury to the lining of the esophagus and symptoms such as heartburn, chest pain, regurgitation, sore throat and cough.



How does LINX® treat GERD?

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What you can expect.

Patients are placed under general anesthesia during the minimally invasive procedure, which is completed in approximately an hour. Once implanted, the device will begin working immediately.

In a recent five-year study of patients who had the LINX® procedure:

- + 85% remained free from dependence on daily GERD medication.
- + 99% experienced no regurgitation.
- + Baseline heartburn was reduced from 89% to 11.9%.

LINX® benefits include:

- + Restores reflux barrier
- + Preserves the ability to belch and vomit
- + Reduces or eliminates dependence on medication
- + Reduces gas and bloating
- + No alteration to gastric fundus
- + Removable
- + Does not limit future treatment options

For additional information regarding the LINX® Reflux Management System, please visit www.linxforslife.com.