

AMA MD  
AIP6

AMA



Aspiration/Reflux and Mycobacteria

***How could they be related???***

# The Basics



# Swallowing

# Aspiration Who is Involved?

- Many specialists and practitioners may be involved along with pulmonologists and primary care
  - Including but not limited to:
    - Oral specialists/dentistry
    - Otolaryngologists (ENT)
    - Swallow center specialists
    - Gastroenterologists
      - Esophageal/motility specialists

Structure Of The Esophagus



# Swallowing Disorders

- An oropharyngeal disorder

- Could be due to a problem in throat or larynx, may need ENT practitioner involved
- Could be due to a neuromuscular problem in this area, may need swallow therapist involved and particular swallow xrays

- An esophageal motility (neuromuscular) disorder: problem with pushing food and/or liquid through esophagus into stomach

- Examples

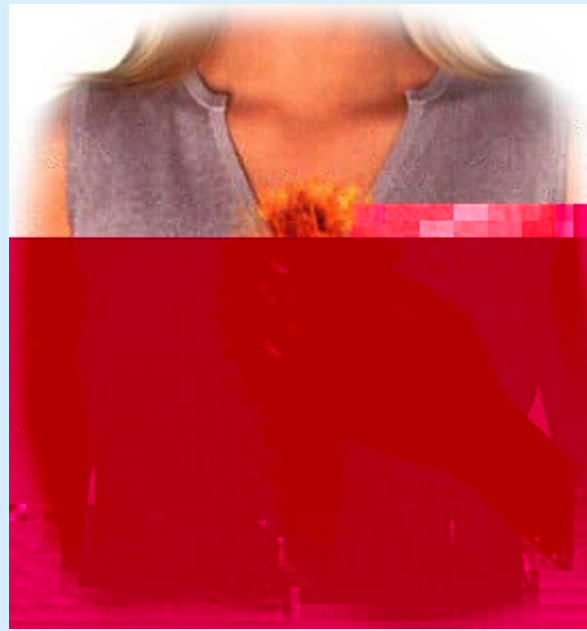
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# Esophageal Disease

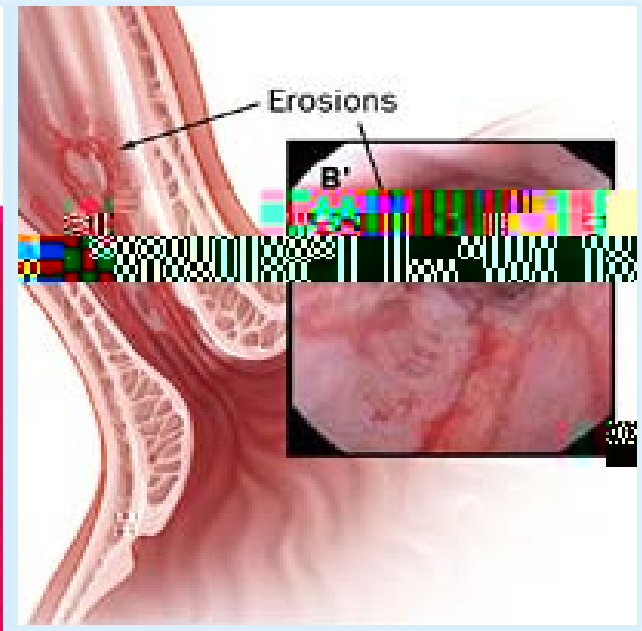
- **Gastroesophageal Reflux Disease (GERD)**
  - Definition: a condition that develops when the reflux of stomach contents causes troublesome symptoms and/or complications



Gastroesophageal reflux



Symptoms



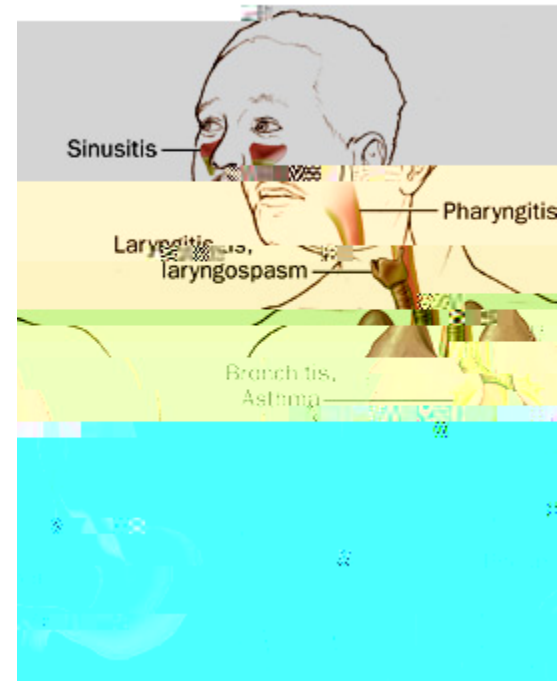
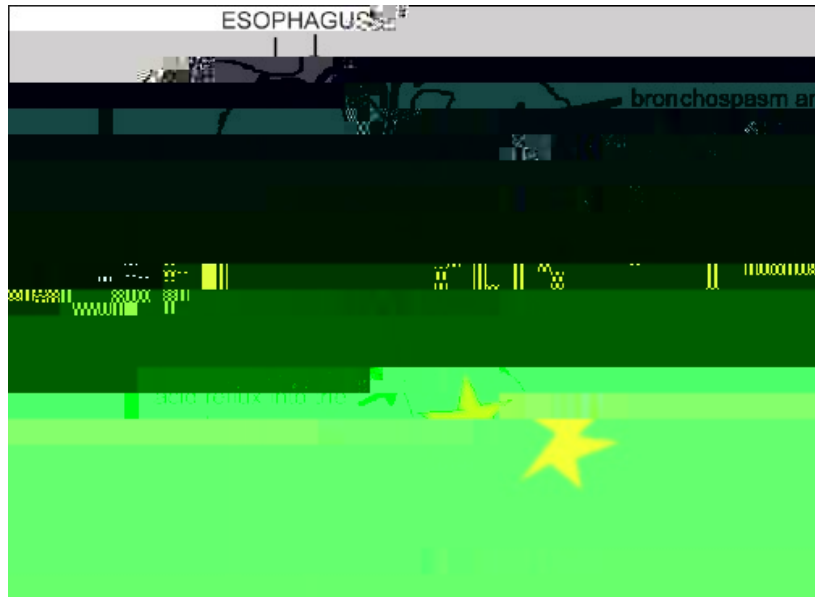
Damage

# Symptoms

- Typical symptoms
  - Postprandial heartburn
  - Effortless regurgitation
- Atypical symptoms
  - *Potentially* due to GERD
  - Includes trouble swallowing, chest pain, cough, hoarseness, excessive throat clearing, wheezing, feeling of a lump in the throat



# Potential Complications





# Treating GERD

- Often a PPI is chosen
- Potential side effects of PPIs
  - Low quality evidence or conflicting: dementia, cardiovascular events and stroke, kidney disease, calcium and bone problems, pneumonia
  - Certain vitamin deficiencies (magnesium and B12) appear rare or are treatable and reversible
- However
  - Understand if need to be on this type of drug long-term
  - \*Weigh risks versus benefits\*

# Questions Needing Answers

- Does GERD predispose a patient to develop NTM?
- Can GERD make NTM worse?
- If GERD is involved, is the problem from acid, bile, or any type of reflux?
- How should we treat GERD in patients with NTM?
- Could an esophageal motility or swallowing problem complicate the picture?
- \*The answers to these questions remain very individualized\*



# Procedures to Help

- pH study #1:  
wireless pH capsule
  - Small capsule placed on endoscopy
  - Transmits acid data to recorder on outside of body for 48-96 hours
  - Capsule falls off on own and does not need another procedure to retrieve
  - Recorder returned by patient



# Procedures to Help

- Esophageal manometry
  - Deciphers if there is a motility problem in esophagus



# GOAL

Utilize specialty swallowing and esophageal testing to identify and appropriately treat esophageal disorders in our patients with NTM

Thank You

*Contact Information:*