International Conference on Engineering, Trends in Engineering, Science, Humanities and Management (ICETESHM – 2024)
31st March, 2024, Karol Bagh, New Delhi, India.

CERTIFICATE NO: ICETESHM /2024/ C0324337

A Study of Optimization Strategies for Effective Treatment of Gastroesophageal Reflux Disease

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ABSTRACT

Optimization strategies for the effective treatment of Gastroesophageal Reflux Disease (GERD) focus on improving therapeutic outcomes through appropriate drug selection, advanced drug delivery technologies, lifestyle modifications, and patient-centered treatment approaches. Proton pump inhibitors (PPIs) remain the first-line pharmacological therapy due to their superior acid-suppressing activity; however, treatment optimization involves selecting the correct dose, timing of administration, and duration of therapy to maximize efficacy. The development of controlled-release, gastroretentive, floating, and mucoadhesive drug delivery systems has significantly enhanced drug bioavailability by prolonging gastric residence time and maintaining sustained drug release. These advanced formulations improve symptom control, reduce dosing frequency, and enhance patient compliance. Nanotechnology-based delivery systems, including nanoparticles, liposomes, and microspheres, are also being explored to provide targeted drug delivery with reduced systemic side effects and improved therapeutic efficiency. In addition to pharmacological interventions, lifestyle modifications such as weight management, avoiding late-night meals, reducing the intake of fatty and spicy foods, limiting alcohol and caffeine consumption, quitting smoking, and elevating the head of the bed during sleep contribute significantly to symptom relief and disease management. Personalized treatment strategies based on disease severity, patient characteristics, and therapeutic response further optimize clinical outcomes. In refractory cases, minimally invasive endoscopic therapies and surgical interventions, such as laparoscopic fundoplication, may be considered. Continuous monitoring, patient education, adherence to treatment, and regular clinical evaluation are essential components of an optimized management strategy.