

Smoking Cessation is the Path to Complete Therapy!

Smoking Cessation Therapy is Effective in the Treatment of Reflux Esophagitis

Based on the collaborative study with the Department of Medical Education and General Practice, Graduate School of Medicine and the Uehonmachi Watanabe Medical Clinic, Professor Yasuhiro Fujiwara of the Department of Gastroenterology, Graduate School of Medicine and his colleagues determined, for the first time in Japan, that smoking cessation therapy is effective

in the treatment of gastroesophageal reflux disease (GERD).

GERD is generally called reflux esophagitis, whose major symptoms are heartburn or acid reflux, and it impairs quality of life (QOL). In Japan, GERD, which has increased since the 1990s, is one of the most common gastrointestinal diseases and approximately 10 to 20% of adults may currently suffer from GERD.

In this study of patients diagnosed with GERD who had undergone smoking cessation therapy, success or failure of smoking cessation and symptoms after 1 year were investigated. The results showed that the symptoms in the success group significantly improved and smoking cessation therapy is effective in the treatment of GERD.

The results of this study indicate that patients may overcome the disease just by improving a lifestyle habit as a result of the patient's own choice.

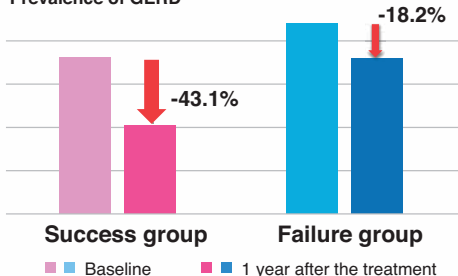
GERD symptoms were improved by 43.1% in the success group but only by 18.2% in the failure group.



Professor Yasuhiro Fujiwara

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Prevalence of GERD



Researchers
in Focus



Professor Yasuhiro Fujiwara,
Graduate School of Medicine

Professor Yasuhiro Fujiwara likes to collect various things such as stationery, novels and hats. His child wonders why he buys only inexpensive things. He has more than 2,000 classical music CD's. Professor Yasuhiro Fujiwara, who is a collector, smiled and said, "I never buy expensive things for me but a gift for my wife is a special case!"

