

表1 食管外症状组合食管外症状的构成比
a- so [unclear] al sy [unclear] o s in [unclear] i [unclear]
a- so [unclear] al sy [unclear] o s (n=218)

Extra-esophageal symptoms	Frequency	Composition ratio/%
Sensation of foreign body within the throat	115	52.75
Recurrent sore throat	102	46.79
Chronic cough	57	26.15
Night cough	15	6.88
Asthma	15	6.88
Clearing throat	14	6.42
Hoarse voice	12	5.50
Secretion flowing down the posterior pharyngeal wall	11	5.05

表2 两组胃镜下反流性食管炎分级比较
a- so [unclear] al sy [unclear] o s in [unclear] i [unclear]
a- so [unclear] al sy [unclear] o s n (%)

LA classification	Group with EE symptoms (n = 218)	Group without EE symptoms (n = 143)	χ^2	P
LA-A	34 (15.60)	24 (16.78)	0.090	0.764
LA-B	170 (77.98)	111 (77.62)	0.006	0.936
LA-C	9 (4.13)	7 (4.90)	0.120	0.730
LA-D	5 (2.29)	1 (0.70)	0.545	0.461

A: Los Angeles; EE: Extra-esophageal.

2.3 伴有食管外症状的反流性食管炎影响的分

[1,9-10] 。 [11] ,13% , Irwin [12] (body mass index, BMI) GerdQ , EE , (P<0.05), 3。

2.4 两组、的比较

GAD-7、PHQ-9 0~ [1,13] 。 [14] 50 4 , EE , EE , (P<0.05), 4。

2.5 食管外症状的影响的分

Logistic RE (lower esophageal sphincter, LES) EE : 、 、 BMI、 (upper esophageal sphincter, UES) 止 (P <0.05), 5。 [15-16] ,UES - 闭 止 触[13]。 UES [17]

3 论

GERD EE 力测 : EE RE UES , GERD (non-erosive reflux disease, NERD) RE [1]。 , [14,18] : EE RE UES RE 361 , EE LES 力降 蠕 减弱, UES 力 EE 。

表 3 伴有食管外症状的反流性食管炎影响因素的单因素分析

Factors	Group with EE symptoms (n = 218)	Group without EE symptoms (n = 143)	Z/ χ^2	P
Age/a	54.00 (45.47, 62.00)	54.00 (40.00, 62.00)	-0.487	0.626
BMI/(kg · m ⁻²)	24.22 (22.04, 26.33)	23.44 (21.19, 25.95)	-2.005	0.043
Male	93 (42.66)	71 (49.65)	1.702	0.193
Low education level (up to junior high school)	130 (59.63)	69 (48.25)	4.522	0.034
Lifestyle and eating habits				
Smoking (Yes)	90 (41.28)	43 (30.07)	4.667	0.031
Alcohol drinking (Yes)	45 (20.64)	30 (20.95)	0.006	0.939
Drinking strong tea (Yes)	53 (24.31)	34 (23.78)	0.014	0.907
Drinking coffee (Yes)	28 (12.84)	20 (13.99)	0.098	0.755
Preference for sweets (Yes)	103 (47.25)	71 (49.65)	0.200	0.655
Overeating (Yes)	118 (54.13)	82 (57.34)	0.361	0.548
Short interval between dinner and sleep (Yes)	113 (51.83)	79 (55.24)	0.403	0.526
Preference for spicy foods (Yes)	75 (34.40)	53 (37.06)	0.267	0.606
Preference for acidic foods (Yes)	45 (20.64)	29 (20.28)	0.007	0.934
Preference for noodles (Yes)	114 (62.29)	79 (55.24)	0.302	0.583
Preference for fried foods (Yes)	49 (22.48)	44 (30.77)	3.105	0.078
Preference for fruits (Yes)	70 (32.11)	37 (25.87)	1.610	0.205
Preference for fatty foods (Yes)	86 (39.45)	56 (39.16)	0.003	0.956
Constipation (Yes)	54 (24.77)	22 (15.38)	4.577	0.033
Sleeping on a low pillow (Yes)	95 (43.58)	64 (44.76)	0.049	0.826
Comorbidities				
Hypertension (Yes)	65 (29.82)	39 (27.27)	0.272	0.602
Ischemic heart disease (Yes)	21 (9.63)	8 (5.59)	1.906	0.168
Diabetes mellitus (Yes)	21 (9.63)	13 (9.09)	0.030	0.863
Cerebrovascular disease	8 (3.67)	5 (3.50)	0.007	0.931
Current medications (oral)				
Low-dose aspirin	19 (8.72)	14 (9.79)	0.120	0.729
Clopidogrel	13 (5.96)	5 (3.50)	1.109	0.293
Hypoglycemic agents	21 (9.63)	8 (5.59)	1.906	0.168
Calcium channel blockers	34 (15.60)	24 (16.78)	0.090	0.764
GerdQ	8.24 (6.26, 10.33)	7.18 (5.54, 9.66)	-2.543	0.011

Extra-esophageal; BMI: body mass index; GerdQ: Gastroesophageal Reflux Disease Questionnaire.

表 4 两组焦虑、抑郁患者所占比例的比较

Factors	Group with EE symptoms (n = 218)	Group without EE symptoms (n = 143)	χ^2	P
PHQ-9				
0-4 points	117 (53.67)	95 (66.43)	5.804	0.016
>4 points	101 (46.33)	48 (35.57)		
GAD-7				
0-4 points	128 (58.72)	100 (69.93)	4.667	0.031
>4 points	90 (41.28)	43 (30.07)		

Extra-esophageal; PHQ-9: Patient Health Questionnaire-9; GAD-7: General Anxiety Disorder-7.

不 处未 步 。另 释放速 肽细胞 ,诱导 管对食管触 反 ,食管和 管的胚胎 的 反和 症反产 性, 源, 配, 食管 反流 时, 管 反的 [1,19]。

表 5 与食管外症状 关的 因素分析
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Factors	B	Wald χ^2	P	OR	95% CI	
					Lower limit	Upper limit
Low education level	0.496	4.710	0.030	1.646	1.049	2.572
Smoking	1.024	7.565	0.005	2.488	2.047	3.281
High BMI	0.065	4.349	0.037	1.067	1.004	1.135
Constipation	-0.372	1.578	0.209	0.689	0.385	1.232
Depression	0.063	4.339	0.038	1.062	1.002	1.133
Anxiety	0.062	4.328	0.039	1.061	1.001	1.131
GerdQ score	-0.074	3.441	0.064	0.928	0.858	1.004

Extra-esophageal; B I: body mass index; d : Gastroesophageal Reflux Disease Questionnaire.

、 RE 他 [18,20] 。另 [21] 易 EE , , LA , 各 未 步扩 。 EE EE 。 [1,9] 、 力 、 导 BMI RE EE [10,22] , ② 辱 LES 力 降, BMI 导 LES 时 , OO , 导 ;另 减少 , [10,23] 。 [4,24] , EE , EE : , :① / , 导 ,LES 时 ,

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