

ABSTRACT

The bachelor thesis focuses on dietary measures in gastroesophageal reflux disease. The main aim was to investigate the adherence to recommended dietary measures aimed at reducing the frequency of unpleasant symptoms accompanying this disease. In some cases, dietary measures may help to completely eliminate the symptoms. The hypothesis is that patients with reflux disease do not adhere to these measures. A secondary aim was to test the effectiveness of dietary measures in patients who faithfully follow them.

By means of a questionnaire survey, a total of 33 patients were asked primarily about their adherence to dietary and regimen measures, as well as about the nature of their complaints and the level of their quality of life.

The results show that almost 70% of patients do not currently follow any dietary measures. On the contrary, patients following a diet showed an improvement in symptoms (reduction in the number of reflux episodes), and some individuals even had no symptoms. Finally, some recommendations that may contribute to the improvement of this issue are described.

Keywords: Gastroesophageal Reflux Disease, Dietary Measures, Nutrition, Proton Pump Inhibitors