

months before diagnosis in the absence of organic cause. Functional dyspepsia is subdivided into postprandial distress syndrome (61% of cases), characterized by meal-induced fullness and early satiety, and epigastric pain syndrome (18% of cases), with epigastric pain or burning that may or may not be meal related. Twenty-one percent of individuals present with overlapping postprandial distress and epigastric pain syndromes. Functional dyspepsia is associated with other functional gut disorders including irritable bowel syndrome and nongastrointestinal disorders like fibromyalgia, chronic fatigue, and anxiety. Most cases follow a benign course, but some with *H. pylori* infection or on nonsteroidal anti-inflammatory drugs (NSAIDs) develop ulcers.

Ulcer Disease Most GERD patients do not exhibit esophageal injury, but 5% develop esophageal ulcers. Symptoms cannot distinguish nonerosive from erosive or ulcerative esophagitis. A minority of cases of dyspepsia stem from gastric or duodenal ulcers. The most common causes of ulcers are *H. pylori* infection and NSAID use. Other rare causes of gastroduodenal ulcers include Crohn's disease ([Chap. 326](#)) and Zollinger-Ellison syndrome ([Chap. 324](#)), resulting from gastrin overproduction by an endocrine tumor.

Malignancy Dyspeptic patients may seek care because of fear of cancer, but few cases result from malignancy. Esophageal squamous cell carcinoma occurs most often with long-standing tobacco or ethanol intake. Other risks include prior caustic ingestion, achalasia, and the hereditary disorder tylosis. Esophageal adenocarcinoma usually complicates prolonged acid reflux. Eight to 20% of GERD patients exhibit esophageal intestinal metaplasia, termed *Barrett's metaplasia*, which predisposes to esophageal adenocarcinoma ([Chap. 80](#)). Gastric malignancies include adenocarcinoma, which is prevalent in certain Asian societies, and lymphoma.

Other Causes Opportunistic fungal or viral esophageal infections may produce heartburn but more often cause odynophagia. Other causes of esophageal inflammation include eosinophilic esophagitis