

Management flow chart for heartburn and dyspepsia

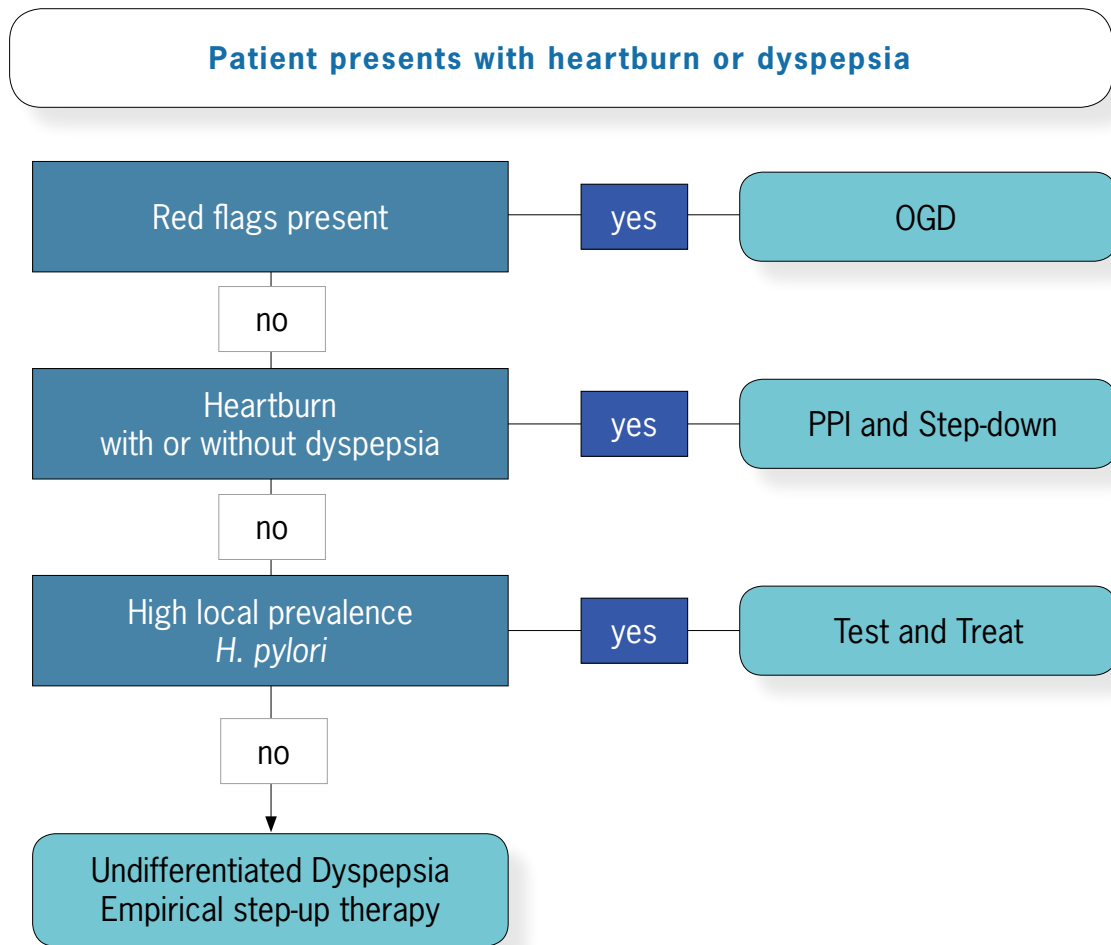


Table 1: Red Flags in dyspepsia

(Adapted from NZGG and Prodigy Guidance)

The following increase the likelihood of significant organic disease:

- Aged 50–55 years or older at first presentation
- Aged 40–45 years or older at first presentation for people of Māori, Pacific Island or Asian descent*
- Family history of gastric cancer with onset age <50 years
- Severe or persistent dyspepsia
- Previous peptic ulcer disease, particularly if complicated
- Ingestion of NSAIDs including aspirin (check OTC use) particularly those at increased risk
- Chronic gastrointestinal bleeding
- Unexplained weight loss
- Difficulty in swallowing
- Persistent or protracted vomiting
- Iron deficiency anaemia
- Palpable abdominal mass
- Coughing spells or nocturnal aspiration

*Gastric cancer tends to occur a decade earlier in these people