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### Original Article

#### The Effect of Baclofen on Treatment of Infancy Gastro-esophageal Reflux Disorder

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#### Abstract:

**Objective:** Transient lower esophageal sphincter relaxation (TLESR) is the major cause of gastro-esophageal reflux disorder (GERD) in patient with reflux disease. GERD is the most common esophageal disorder in children. The GABA agonist baclofen decreases acid reflux through the inhibition of TLESRs and should similarly decrease non-acid reflux. The aim of this study was to evaluate the effect of baclofen on GERD in children.

**Methods:** Thirty children with GERD were included in this clinical trial. Baclofen 0.25 mg/kg was given for three months. End points were assessed for weeks and months.

**Findings:** Baclofen significantly improved the weight gain pattern and the mean of weight gain demonstrated a significant difference between base line value and weight on consequent months after therapy ( $P<0.0001$ ). Restlessness showed a significant improvement between baseline and threes month after treatment ( $P<0.001$ ). Vomiting significantly decreased on follow up visits ( $P<0.001$ ). It is also increased the time and volume of feeding significantly 3 month after treatment ( $P<0.001$ ). We have not found serious complications.

**Conclusion:** Baclofen reduces the symptom of TLESRs and may have a role in treating GERD.

#### Keywords:

GERD . Vomiting . Baclofen . Esophageal sphincter relaxation . Reflux

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