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TRENDS AND DISPARITIES IN ESOPHAGITIS-RELATED MORTALITY IN THE UNITED STATES, 1999 TO 2020: A RETROSPECTIVE CDC ANALYSIS STRATIFIED BY AGE, RACE, SEX AND REGION

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INTRODUCTION

Esophagitis is inflammation of the esophagus, which feels like a burning sensation in the throat. The immune system usually causes inflammation in defense against pathogens or tissue damage. Stomach acid and some medications may also damage the esophagus and cause inflammation. If untreated, esophagitis can result in serious complications such as ulcers, strictures, or metaplasia.

METHODS

Data was extracted from the Centers for Disease Control and Prevention Wide-Ranging Online Data for Epidemiological Research (CDC WONDER) database from 1999 to 2020 using ICD-10 code K20 (Esophagitis). Multiple causes of death were used to extract data. Age-adjusted mortality Rate (AAMR) per 1,000,000 people and annual percent change (APC) with a 95% confidence interval were determined among demographic groups of gender, age, race, urban/rural regions, states, and census region. The Joinpoint Regression Program was used for trend analysis. This study is according to the Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) guidelines.

RESULTS

A total of 16189 were reported with esophagitis as a cause of death during 1999-2020. The average AAMR during this time was calculated at 2.20. The AAMR exhibited a decreasing trend from 3.72 in 1999 to 1.983 in 2020 (APC=-3.13%, CI: -4.06 to -2.20). The average AAMR for females was 1.73, while males had a much higher average AAMR of 2.77. In females, the AAMR decreased from 3.07 in 1999 to 1.58 in 2020 (APC=-3.48%, CI: -4.43 to -2.52), while in males, the AAMR decreased from 4.61 in 1999 to 2.45 in 2020 (APC=-3.06%, CI: -4.06 to -2.05). On pairwise analysis, both genders showed parallel and decreasing trends. Both blacks and whites showed relatively similar average AAMR (2.11 vs 2.25, respectively). The trends were parallel on pairwise analysis. Older age groups showed much higher mortality than younger age groups. The highest average crude mortality

rate of 36.41 was shown by the 85+ year age group, followed by 13.76 in the 75-84-year age group. The West region had the highest average AAMR of 2.99, while the Northeast region had the lowest at 1.71. The state of Wyoming had the highest average AAMR of 3.82, while Florida had the lowest at 1.24. The Urban and rural areas showed relatively similar AAMRs. Micropolitan (Nonmetro) showed the highest average AAMR at 2.55, while Large Fringe metro showed the lowest at 1.84.

CONCLUSION

The two-decade analysis revealed decreasing mortality trends for esophagitis-related mortality from 1999-2020. Men, the geriatric population, and the West region showed relatively higher mortality rates. Even though mortality has been decreasing, disparities between these groups still exist and need to be addressed by conducting further research.

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