

Review of: "Air Swallowing and Breathing Exercises Reduce the Severity of Acute Gastroesophageal Reflux Symptoms and Give a Clue into the Role of Oxygen in Digestion: A Case Report with Extended Discussion"

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Potential competing interests: No potential competing interests to declare.

This is a very interesting article about the role of oxygen and reflux symptoms.

Several limitations mentioned below; if actually discussed, the credibility of the paper would improve.

1} Use of subjective reflux scoring can increase chances of subjective bias. Use of a pH probe would be better to study the pH in the esophagus, but it will be an invasive test.

2} Reflux symptoms reporting will change with the type of food consumed and the food composition as well, depending on how much fiber, protein, fats, etc.

3} Reflux symptoms can also change with other variables like physical activity, emotional stress.

4} The patient mentioned in the study with a prior history of reflux, does he have any Lower Esophageal Sphincter issues like hiatal hernia, achalasia cardia, or other potential anatomical variations not present in the normal population?

Overall, a very well-written review.