Though some data indicates an association between gastroesophageal-reflux disease (GERD) and upper airway inflammatory disease, a connection between GERD and chronic rhinosinusitis (CRS) is a matter of controversy in today's medicine. The aim of this study was to find out whether patients with GERD have a different nose- and sinus-related quality of life compared to a control group.

77 patients with GERD diagnosed by gastroscopy were evaluated regarding their nose- and sinus-related quality of life. It was scored by using the Sino-Nasal Outcome Test-20 (SNOT-20). Total SNOT-20 score was compared with a control group consisting of 480 teachers. The average total SNOT-20 score in patients with GERD was 22.1 in the control group 9.4 (p < 0.05). In the patient group, the median was 17.0, and standard deviation 18.35 corresponding to 9.4 and 11.46 in the controls. The 95% confidence interval in the patient group was (18.0-26.3) and (8.3-10.4) in the control group.

Patients with GERD have a reduced nose- and sinus-related quality of life compared to a control group based on the fact that they have a significantly higher total SNOT-20 score than the controls. Accordingly, this study indicates that there is a causal relationship between GERD and CRS.