



## Laryngopharyngeal Reflux

This condition develops when stomach acid travels up into the throat. Although one may experience “heartburn” or “indigestion”, most patients do not complain of these symptoms and may have difficulty believing they have reflux.

### Most common symptoms include

- Sensation of draining down the back of the throat or excessive mucus
- Difficulty swallowing or a feeling of something caught in the back of the throat (sometimes a burning or tickling sensation)
- Chronic cough
- Post nasal drip
- Sore throat
- Hoarseness
- Throat clearing

### Diagnostic Flexible Scope

With the aid of a flexible scope an ENT doctor can get a good visualization of the tissue in the throat and vocal cords. Reflux causes the tissue to become red and inflamed. This may be resolved with following certain guidelines of health and medications. Our goal here is for our clients to not need long term use of medications.

### Personal Health Guidelines

You can control what you eat and how you care for yourself. These guidelines will help you find ways to treat yourself without medication. We are not trying to steal the joy out of your day. Things consumed after 6 pm can worsen reflux as you lay down to sleep.

- Cut out caffeine (yes we understand some people feel this is impossible but it is one of the biggest things you can do to care for yourself) Drinks high in caffeine include coffee, black tea, and soft drinks (colas are particularly high in caffeine and are acidic),
- Avoid acidic juices like orange, grapefruit, and cranberry
- Avoid Chocolate and mints
- Avoid Alcohol, especially late in the evening
- Reduce fried, fatty foods, and spicy foods
- Losing weight may help
- Stop eating 3 hours before going to bed
- Elevate the head of your bed or use a wedge pillow that raises your chest, not just your head.
- Liquid antacids at bedtime, Dr. Clark recommends the British formula of **Gaviscon Advanced**. This is not available at local stores; it needs to be purchased online. Can be found on Amazon.