



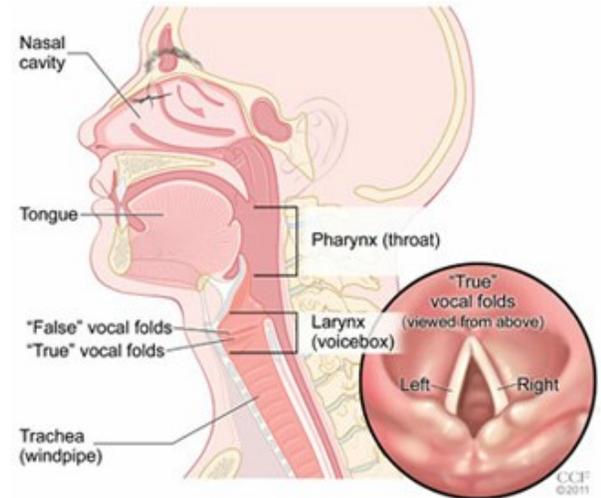
ENT

Associates

Making sense of your family's
hearing, sinus and throat problems

Laryngopharyngeal Reflux (LPR)

Normally when we swallow, food and liquid travel down our esophagus (food tube) and enter the stomach through a valve that opens to allow food and liquid into the stomach for digestion by stomach acid. Sometimes the valve opens inappropriately and allows stomach acid to “back up” or reflux into the esophagus. When this happens, we may experience heartburn. However, other times, a small amount of acid may reflux all the way up into the voice box (larynx) or throat (pharynx). The larynx and pharynx are much more sensitive to injury from stomach acid than the esophagus. Although we can have both heartburn and LPR, they are separate conditions. Most people who have LPR do not have heartburn.



What are the symptoms of LPR?

- ◆ Hoarse or scratchy voice (either chronic or intermittent)
- ◆ Ear pain
- ◆ Post-nasal drip
- ◆ Frequent throat clearing
- ◆ Lump-in-the-throat sensation
- ◆ Thick phlegm in the throat
- ◆ Cough
- ◆ Sour or bitter taste in the mouth
- ◆ Difficult or painful swallowing

What can I do to help relieve my symptoms?

To relieve LPR symptoms consider the following:

Medication:

- ◆ If your doctor has prescribed medication, please *take it as prescribed*. Proton pump inhibitors work best when taken 30 to 60 minutes prior

to main meals to prepare the stomach before the food enters.

- ◆ Do not suddenly discontinue anti-reflux medications once started, as symptoms of throat irritation or heartburn can worsen. It's known as the “Rebound Effect.”

Diet Changes:

- ◆ *Increase intake of water* – consider increasing your intake of alkaline water with each meal to neutralize acid irritation.
- ◆ *Limit your intake of caffeine* containing products including coffee, tea, soda, and chocolate. Caffeine has a drying effect on the lining of the stomach and provokes reflux.
- ◆ *Limit your intake of alcohol* - alcohol, like caffeine, has a drying effect on the stomach.
- ◆ *Reduce fat intake* – fatty or fried foods stay in the stomach longer and lead to more acid reflux.

- ◆ *Avoid “trigger foods* – you may already know which foods trigger indigestion...avoid them! Particularly foods that are spicy or acidic (like tomatoes, citrus fruit, and fruit juice.)
- ◆ *Eat less* – big meals put pressure on your stomach and create more acid.
- ◆ *Reduce your weight, if needed* - Excessive weight puts pressure on the stomach and will contribute to heartburn and LPR.
- ◆ *Incorporate dietary supplements* – As long as there are no contraindications, you should try to supplement your diet with the following to avoid some of the possible side effects of proton pump inhibitors: **Calcium citrate** (1000 to 1200mg), **Vitamin D** (400 to 800mg), **Magnesium** (5 mg), **Vitamin B12** (500 to 1000mcg) and a **Probiotic**.

(continued on back)

Lifestyle modifications:

- ◆ *Stop smoking.* Smoking is known to increase symptoms of LPR.
- ◆ *Wait to lie down.* To keep acid from backing up, wait at least 3 hours before lying down after eating (this includes bedtime snacks!)
- ◆ *Avoid wearing tight clothes or tight belts* that may put pressure on your stomach.
- ◆ *Raise the head of your bed* about 6 inches if you have nighttime symptoms of reflux.

Clearwater

1330 South Fort Harrison
Clearwater, FL 33756

Facial Aesthetics Center

1320 South Fort Harrison
Clearwater, FL 33756

Spring Hill

120 Medical Blvd, Suite 105
Spring Hill, FL 34609

Tampa

10810 Sheldon Road
Tampa, FL 33626

Countryside

3190 McMullen Booth Road
Clearwater, FL 33761

Largo

8787 Bryan Dairy Road, Suite 170
Largo, FL 33777

St. Petersburg (4th)

6540 4th Street North, Suite C
St. Petersburg, FL 33702

Trinity

11304 State Road 54
Trinity, FL 34655

Dunedin

646 Virginia Street, 3rd Floor
Dunedin, FL 34698

Port Richey

11031 US 19, Suite 104
Port Richey, FL 34668

St. Petersburg (MLK)

501 Dr. MLK Jr. Street South
St. Petersburg, FL 33705