



## Mr. Nalaka de Silva

FRACS B Med

Ear Nose and Throat Surgeon

# Laryngopharyngeal Reflux Disease (LPR)

INSULA PRIVATE HOSPITAL  
ite 4, 525 McClelland Drive,  
ANKSTON 3199

N 437539 GK  
97893636  
97893096

ducation  
oogle: GPENT

Your doctor has diagnosed you as having Laryngopharyngeal Reflux Disease or LPR. This condition develops when stomach acid travels up into your throat. Although you may experience "heartburn" or "indigestion", many of our patients do not have these complaints.

## SYMPTOMS OF LPR

- sensation of drainage down the back of the throat or excessive mucus
- feeling of something caught in the throat (sometimes a tickling or burning sensation)
- throat clearing
- chronic cough
- post-nasal drip
- sore throat
- hoarseness
- difficulty swallowing
- prolonged vocal warm-up (for singers)
- loss of the high end of the vocal range

## DIAGNOSIS OF LPR

Most often, your doctor can diagnose LPR by examining your throat and vocal cords with a rigid or flexible telescope. The voice box is typically red, irritated, and swollen from acid reflux damage. This swelling and inflammation will eventually resolve with medical treatment, although it may take a few months.

At other times, you may have to undergo a dual-channel pH probe test to diagnose your condition. This involves placing a small tube (catheter) through your nose and down into your swallowing passage (esophagus). The catheter is worn for a 24-hour period and measures the amount of acid that refluxes into your throat. This test is not often necessary, but can provide critical information in certain cases.

## TREATMENT OF LPR

Most of the time, LPR is well controlled with medications (Proton Pump Inhibitors, or PPI's), as described on the back of this sheet. Occasionally, surgery is needed in severe cases or those that don't resolve with medications. The recommended surgery is called a Laparoscopic Nissen Fundoplication, and is performed by a General Surgeon. Positive proof of reflux disease is needed first, generally by a pH probe study. With some patients, the esophagus (swallowing tube) must also be examined for pre-malignant changes.





## Mr. Nalaka de Silva

FRACS - B Med

Ear Nose and Throat Surgeon

One of the first things you must do is make some changes in your lifestyle. Many foods and drinks can make your symptoms worse, and it is important that these be eliminated. In addition, being overweight, smoking, and drinking alcohol are all factors that worsen reflux disease. It is important to work on the following areas as well:

### 1) CUT OUT CAFFEINE

Specifically, avoid coffee (highest caffeine content), tea, and caffeinated soft drinks. Soft drinks such as Coke and Pepsi are particularly bad, because they are very acidic (pH of 2.3), and the carbonation leads to belching and further reflux of acid into the throat. Other acidic juices (orange, grapefruit, cranberry) can worsen reflux.

### 2) AVOID CHOCOLATE AND MINTS and Vegemite

### 3) AVOID ALCOHOL - Especially in the late evening and before bedtime.

### 4) QUIT SMOKING

### 5) ELIMINATE FRIED, FATTY, AND SPICY FOODS FROM YOUR DIET (within reason)

A low-fat diet is the best way to avoid reflux. Onions and garlic are notorious for causing reflux.

### 6) WEIGHT - Lose weight if you are overweight. Avoid tight-fitting clothing.

### 7) STOP EATING AT LEAST 3 HOURS BEFORE GOING TO BED

Eating a heavy meal just before going to sleep is especially bad for your reflux condition

### 8) TAKE THE MEDICINES YOUR DOCTOR HAS PRESCRIBED FOR YOU

In most cases, your doctor will prescribe a "proton pump inhibitor" drug (PPI) such as Nexium, typically prescribed for TWICE A DAY, which is double the usual dose for routine reflux disease. Please see below for more details on your medication.

### 9) LIFESTYLE

Some of the symptoms may also be due to spasm of a muscle called Cricopharyngeus. Meditation / relaxation will be an excellent adjunct to the treatment

## WHEN AND HOW TO TAKE YOUR MEDICATIONS

If you are taking a Proton Pump Inhibitor (PPI) such as the following: Nexium it is important to take your medicines 30 minutes - 1 hour before meals. Gaviscon after meals. Gentle gargle as discussed just before bed.

INSULA PRIVATE HOSPITAL  
ite 4, 525 McClelland Drive,  
ANKSTON 3199

N 437539 GK  
97893636  
97893096

### Education

ogile: GPENT