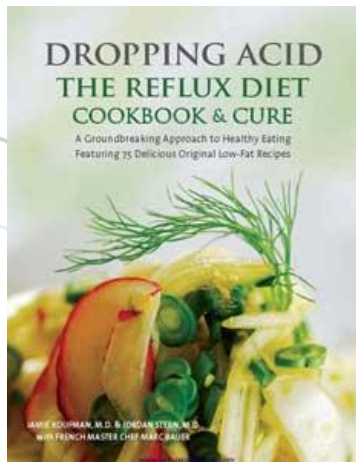


Isn't there just a surgery that can fix it?

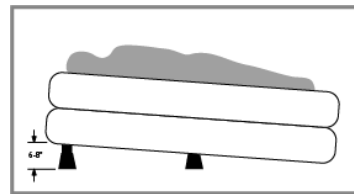
Surgery for this condition is only VERY rarely performed. A general surgeon or thoracic surgeon can perform a procedure called a 'Nissen Fundoplication'. It is a laparoscopic surgery, where the stomach is wrapped around opening to esophagus opening. It is only an option after all conservative treatment has failed and symptoms are causing a significant decrease in quality of life.

Sometimes diet changes can help. A cookbook called "Dropping Acid – The Reflux Diet" by Jamie Koufman can help with these changes.

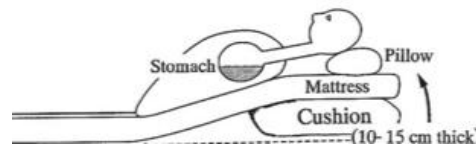


How do I elevate the head of my bed?

You can do this by either taking two 2x4s and placing the wood blocks under the feet of the headboard, or by purchasing 'bed risers'.



Alternatively, you can place a cushion or stack some blankets between the mattress and box spring to achieve an angle of approximately 10-15°.



Dr. Brian Rotenberg
(519) 646-6320

Dr. Leigh Sowerby
(519) 646-6143

Dr. Kathryn Roth
(519) 646-6124

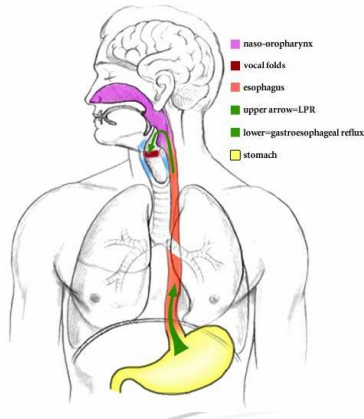


Laryngo-pharyngeal Reflux (LPR)

Etiam orci.

Information for patients

Laryngopharyngeal Reflux



What is Laryngopharyngeal Reflux (LPR)?

LPR is irritation and swelling in the area of the voicebox that can cause a constellation of symptoms. It is similar to GERD, or heartburn, but not every patient with LPR has symptoms of GERD – it is often ‘silent’ reflux so to speak.

There is no magical pill to make the problem go away. It requires dedicated lifestyle changes and, sometimes, stomach acid medications.

What are the symptoms of LPR?

- Throat clearing, throat phlegm, sensation of ‘post-nasal drip’
- Cough, night-time cough, night-time choking
- Acid taste in back of throat in AM
- Hoarseness, voice cracking, voice fatigue, loss of singing range
- Scratchy, burning or irritated throat
- Lump in throat sensation, “frog in throat”, swelling or fullness
- Difficulty swallowing own saliva
- Laryngospasm – “can’t get your breath” spells

Is there any test to prove I have it?

- Most commonly a telescope will have been used to look at the voice box for signs of irritation from reflux.
- Sometimes a swallow study will be ordered, or a different scope to look at your esophagus.

What is the Treatment of LPR?

Lifestyle changes:

- Weight loss
- Elevation of the head of bed 4-6 inches (2x4s, or bed riser)
- Avoid Caffeine, Chocolate, Alcohol, spearmint, carbonated beverages
- Cut back, or quit smoking
- Increase the amount of water you drink daily
- Avoid eating at least 4 hours prior to bedtime
- Avoid spicy and fatty foods for your evening meal
- Do not exercise or lie down immediately after eating

Medication therapy:

- Antacids (Tums)
 - Not effective
- H₂ blockers: Zantac (Ranitidine)
 - Over-the-counter medication
 - Does not completely suppress acid production
- Proton Pump Inhibitor
 - Eg. Losec, Prevacid, Pantoloc, Nexium, Tecta
 - Dosed 2x/day for 3 months+
 - Most studied medication for LPR
- Pro-kinetic medication
 - Eg Domperidone, Tegaserod
 - Not well studied, not currently recommended