

Laryngopharyngeal Reflux (LPR or Silent Reflux)

Laryngopharyngeal Reflux (LPR) or silent reflux is a condition whereby acid refluxes into the larynx or nasal cavity. It is called silent because often patients with LPR don't have the typical symptoms of gastro-oesophageal reflux (GORD) such as indigestion or burning.

Symptoms of LPR	Dietary Triggers of LPR
<ul style="list-style-type: none">• Voice Change• Sensation of a lump in the throat• Swallowing difficulties• Chronic cough.• Post nasal drip• Phlegm• Need to clear the throat.• Sore throat	<p>Drinks Caffeine (tea, coffee, coke) Alcohol Tea – green, mint, black, chinese Fizzy drinks including soda water</p> <p>Foods Spicy foods and Fatty foods (including nuts) Tomato based foods Chocolate Mints/Chewing Gum Citrus fruits</p>

Recommendations

- Minimize your intake of the above acid producing foods/drinks
- Avoid eating or drinking (other than water) within 2 hours of bedtime.
- Avoid eating large meals – aim for 4-6 small meals a day as they produce less acid
- Minimize stress as this increase acid production
- Avoid tight clothing than can put pressure on the stomach and increase reflux
- Lose weight if you are overweight
- Elevate the head of your bed as this will reduce the amount of reflux entering the larynx
- Minimize throat clearing as this can further irritate the already inflamed larynx

Medications

- Nexium or Somac – Are proton pump inhibitors. These decrease acid production. These medication do not work instantly and may need to be taken regularly for 3 before your symptoms improve. Be patient.
- Gaviscon dual action double strength liquid – the dual action neutralizes the acid and provides a coating to the surface of the food that weighs it down and reduces it refluxing