

## Reflux and the Larynx

### Symptoms:

- Patients with laryngopharyngeal reflux (LPR) often DO NOT have heartburn
- Chronic cough, throat clearing, or a tickle in the throat
- Hoarseness or lowered pitch of the voice/raspiess
- Sensation of something stuck in the throat
- Bitter taste in the back of the throat
- Symptoms that are worse when you first wake up and get better as the day goes along or symptoms that are worse at night when you lay down.

### Risk Factors:

- Obesity, being overweight
- Lying down or bending after a meal (this includes napping after lunch)
- Eating immediately prior to exercise
- Prior esophageal surgery
- Esophageal stricture (narrowing of the esophagus)
- Cigarette smoking
- Excessive alcohol intake
- Eating large meals without chewing properly

### Lifestyle Changes:

*The following are typical suggestions for people with GERD:*

- Avoid behavior that does not allow food to easily move down into and through the stomach. This includes bending, lying down, or participating in jarring exercises soon after a meal.
- Avoid heavy meals and be sure to chew your food 20-30 times before swallowing
- Avoid acidic foods and drinks. These include caffeinated beverages, decaffeinated coffee, and orange juice, tomato based products
- Avoid alcohol, chocolate, spearmint, and peppermint. These can relax the low esophageal sphincter.
- Avoid carbonated beverages
- Avoid eating fatty foods, including full-fat milk, which also may relax the lower esophageal sphincter tone. Take medication with plenty of water
- Lose weight if you are overweight
- Quit smoking
- Make sure to talk with your doctors about the medicines you are taking (over the counter as well) as some can make reflux worse.

*If you experience more frequent symptoms at night, you may be relieved by:*

- Raising the head of your bed about six inches (see picture)
- Avoiding bedtime snacks

**Herbal/Natural Remedies that may be of help:**

- Raw apple cider vinegar (e.g. Bragg's)
- Colostrum
- Probiotic tablets
- DGL (Deglyrrizhinated Licorice Root)

**Stress may worsen symptoms. Stress relief can go a long way to relieving or preventing your symptoms of GERD/LPR. Therefore, relaxation, such as yoga, tai chi, and meditation are worth considering, as part of your whole, comprehensive treatment plan.**

*\*This information is intended to serve as guidelines. Please consult your physician with questions and remember that moderation is the key to success. Be well!*