



Low Country ENT

EAR, NOSE & THROAT • HEAD & NECK SURGERY
HEARING AIDS • BALANCE TESTING

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Laryngopharyngeal Reflux (LPR)

Gastroesophageal Reflux (GERD) occurs when acid from the stomach escapes and irritates the lining of the esophagus, leading to heartburn. Sometimes, the acid can reach the larynx (voice box) causing the symptoms of Laryngopharyngeal Reflux (LPR). Only about 30% of LPR patients complain of heartburn, the reason may have to do with the different abilities between the voice box and the esophagus to resist irritation caused by stomach acid.

Symptoms of LPR

- Hoarseness
- Difficulty swallowing
- Excessive mucous in throat
- Chronic Cough/throat clearing
- Sensation of a lump in throat

Preventing LPR

STOP
SMOKING



Stop eating at least
2 hours before bed



Minimize
tomato-
based,
citrus, and
spicy foods



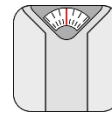
Eat smaller meals



Minimize
Caffeine



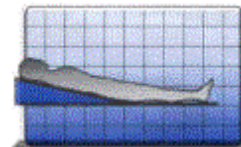
Maintain Ideal
Weight



Minimize
Alcohol



Elevate head of bed
4-6 inches



Avoid
Chocolate
and Mints



Take prescribed
medications

