

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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LARYNGOPHARYNGEAL REFLUX

Laryngopharyngeal Reflux (LPR) is a common disorder affecting the throat and voice box (larynx). This is a condition in which acidic liquid from your stomach travels up to the back of your throat and causes injury to the lining of your throat and voice box. It occurs most often at night when you are lying down. In some cases there is associated “heartburn”, but not always. **Cough and throat clearing are common symptoms.** Some complain of a feeling of something “stuck in the throat” or a tight sensation in the back of the throat. It can be diagnosed based on the clinical presentation along with a careful physical exam, and often a typical finding on Pulmonary Function Studies.

The treatment of LPR:

1. **Medication** – Protein Pump Inhibitors (Omeprazole, Nexium E.g.,) 30 minutes before dinner (and breakfast for some patients).
2. **Antacid** – Tums 2 tabs at bedtime.
3. **Avoid eating for 3 hours before bedtime.**
4. **Keep the head of the bed elevated.** The best way to do this is to put some books underneath the head of the bed so that your voice box (larynx) is at a higher level than your stomach.
5. **Diet** – Minimize alcohol, caffeine, chocolate, citrus, or spicy foods (especially at night).

It will usually take 2-3 weeks for symptoms to begin to improve, and a 3 month trial is often needed. You should continue with treatment for 1 month after symptoms completely improve unless otherwise instructed by your doctor.

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