



Laryngopharyngeal Reflux

Background

Laryngopharyngeal reflux (LPR) is when acid and digestive enzymes from the stomach flow back up the oesophagus (food pipe) into the back of your throat. LPR is often accompanied by symptoms of gastroesophageal reflux such as heart burn or 'indigestion'. However, you can have LPR symptoms without having heartburn.

LPR is generally not a dangerous condition, but it can contribute to bothersome problems including:

- Cough
- Frequent throat clearing
- Sensation of a lump in the throat
- Hoarse voice
- Burning or acid taste in the throat
- Sensation of mucus/fluid in your throat.

There are numerous causes of LPR and so treatment is also varied. Treatments can be categorised as changes in lifestyle, medication-based or (rarely) surgery.

Lifestyle modification

Weight loss

If you are overweight, weight loss is usually the most effective treatment for your LPR. Weight loss will only come from a combination of improving your diet and increasing your physical activity.

Avoid foods/drinks that cause LPR

Foods and drinks that cause LPR include:

- Alcohol
- Fizzy drinks including beer
- Chocolate
- Peppermints
- Spicy foods
- Acidic foods (eg tomatoes and lemons/oranges/limes).

Contd. overleaf



Meal times

Large meals shortly before going to bed will make LPR worse. Try to have an early dinner.

Raise the head of your bed

Place blocks or books under the bed legs at the head of your bed to raise the bed head by 10-15cm. By doing this, gravity will help stop flow of stomach acid and digestive enzymes up your food pipe into your throat.