Laryngopharyngeal Reflux (LPR) and Gastroesophageal Reflux Disease (GERD)

There are two different types of reflux: laryngopharyngeal reflux (LPR) and gastroesophageal reflux (GERD). A person may have one or both types.

Laryngopharyngeal reflux (LPR) occurs when stomach substances backflow up through the esophagus and into the larynx or pharynx. LPR can occur during the day or at night. There are two esophageal sphincters (located on either end of the esophagus) that should be closed unless food or beverages are being consumed. In LPR, these sphincters may not function properly, relaxing open and allowing regurgitation.

Symptoms may include: hoarseness, cough, throat clearing, phlegmy throat, post-nasal drip, throat soreness or burning, nighttime choking, swallowing changes, "lump in the throat" sensation, nasal congestion, asthma-like symptoms, sour burps, mouth sores and bad breath.

Gastroesophageal Reflux Disease (GERD) occurs when stomach acid flows up from the stomach into the esophagus. GERD can occur during the day or at night (when reclined).

Symptoms may include: heartburn, regurgitation, chest pain, indigestion, nausea, belching, cough and swallowing changes.

TREATMENTS:

1. Behavioral changes:
   - Lose weight and avoid wearing tight-fitting clothing around the waist.
   - Eat small meals and eat slowly.
   - Avoid fried, spicy and acidic foods. Limit caffeine, carbonation and alcohol.
   - Avoid reclining or leaning forward within 3 hours of eating.
   - Elevate Head of Bed 4-6” if you have frequent nighttime symptoms or must eat late.
   - Quit smoking.
   - Manage stress.
2. **Dietary Restrictions:**

**Mediterranean Diet:** this plant-based diet has demonstrated a reduction in reflux. Select fruits, vegetables, grains, nuts, seeds, fish, and fats (avocado, olive oil and coconut oil) for most meals and limit animal products (meat, dairy). Limit processed foods and sugar.

**NOTE:** Avoid any foods which cause stomach distress.

3. **Alkaline water:** neutralizes pepsin which contributes to reflux.

- pH should be in the 8.0-10.0 range
- Drink as your primary beverage or 4-8 oz. after each meal and at bedtime.
- Purchase in the bottled water section of most grocery stores and pharmacies.

4. **Alginates:** an agent which provides a barrier (raft) at the top of the stomach, preventing regurgitation of stomach contents.

**SELECT A or B BELOW:**

- **A. Reflux Gourmet:** Amazon or RG website. Take up to 4 times daily, after meals and at bedtime.
- **B. Gaviscon Advance (UK):** Amazon. Take up to 4 times daily, after meals and at bedtime.

5. **Medications:** Proton pump inhibitors, H2 blockers or antacids: recommended for more severe symptoms or if conservative measures fail to provide relief.

**NOTE:** The antacid, **Gaviscon Extra-Strength**, is a combination of antacid and low dose alginate.

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