

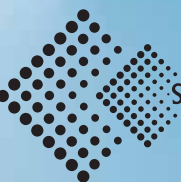
SILENT REFLUX

Laryngopharyngeal Reflux

Silent Reflux Can Cause:

- ◆ Hoarseness
- ◆ Chronic Cough
- ◆ Chronic Throat Clearing
- ◆ A Lump in the Throat
- ◆ Excessive Throat Mucus
- ◆ Difficulty Swallowing
- ◆ Heartburn

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What is Laryngopharyngeal Reflux (LPR)?

Laryngopharyngeal Reflux (LPR) occurs when food or stomach acids flow back up into the larynx (voice box) or pharynx (throat). This backflow, or reflux, can occur at anytime—day or night, whether a person has eaten or not.

Why don't I have heartburn?

It is common for some patients to experience heartburn or indigestion with LPR, but many people do not suffer from those symptoms. The acid that refluxes does not stay in the esophagus long enough to irritate and cause heartburn (GERD). This is why LPR is referred to as “Silent Reflux”.

Compared to the esophagus, the voice box and throat are more sensitive to irritation and injury from stomach acids. Problems can occur even with only small amounts of refluxed acids reaching the throat. Because symptoms are different than those associated with Gastroesophageal Reflux Disease (GERD), LPR is sometimes difficult to diagnose.

Do I suffer from LPR?

Symptoms will vary depending upon the individual. Indications of LPR include hoarseness, chronic cough or clearing of the throat, feeling of a lump in the throat, excessive throat mucus, difficulty swallowing, or heartburn. If you suffer from any of these symptoms, especially if you smoke, you should talk to your doctor about LPR.

If your symptoms indicate the possibility of LPR, a fiber optic examination of the throat is required to observe the voice box. If this area appears swollen and/or red, you may have LPR. At that point, further tests may be recommended or treatment initiated.