

Symptoms of GERD and LPR

- Heart burn
- Difficulty swallowing
- Chronic cough
- Sensation of something in the throat
- Regurgitation of food
- Weak voice
- Cracking voice or hoarseness
- Wheezing

Diagnosis of GERD and LPR:

- Laryngoscopy
- 24-hour pH testing
- Upper GI Endoscopy



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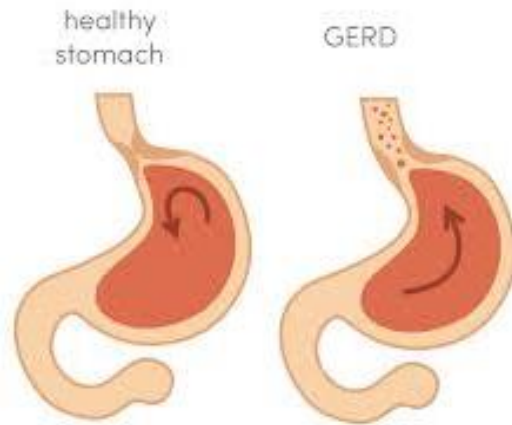
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Gastroesophageal Reflux Disease (GERD) and Laryngopharyngeal Reflux (LPR)





What are GERD and LPR?

There are two sphincter muscles in the esophagus: The lower esophageal sphincter (LES) and the upper esophageal sphincter (UES). When the LES isn't working right, the acid from your stomach can back flow into your esophagus. If this happens more than two times a week, it could be a sign of GERD. In LPR the UES doesn't work right so acid that has back flowed into the esophagus passes into the throat and voice box.

How to Control Your GERD and LPR

Eating:

- Keep meals small and low fat
- Eliminate or reduce the following foods:
 - Caffeine
 - Tomatoes, citrus, fruits, milk, peppermint, spearmint, chocolate
 - Foods that upset your stomach

Medications:

- Take antacids and other medication as directed by doctor
- Tell your doctor if you are taking other medications

Personal Habits:

- Avoid or reduce use of:
 - Cigarettes and other tobacco products
 - Alcohol
 - Lose weight, if needed
 - Avoid tight fitting clothes

Sleeping:

- Allow your food to digest at least 3 hours before lying down
- Raise the head of the bed with 4 to 6 blocks