



## Idaho Dysphagia Specialists, PLLC

Provider of Mobile Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

P: 208.863.1904 - F: 208.391.2008

[www.idahodysphagiaspecialists.com](http://www.idahodysphagiaspecialists.com)

**Your exam today showed signs and symptoms that may be consistent with reflux disease. Only your doctor can diagnose reflux disease, please discuss this exam with your physician.**

### What is reflux?

**Gastroesophageal Reflux Disease (GERD)** commonly referred to as reflux, is a backflow of acid from the stomach into the swallowing tube or esophagus. Some reflux is normal, but when it happens frequently, the acid can irritate and damage the lining of the esophagus. The most common symptom is heartburn.

**Laryngopharyngeal Reflux (LPR)** is when the acid backflow reaches the throat. The structures of the throat (pharynx, larynx) are much more sensitive to stomach acid, so there is increased risk of damage. People with LPR do NOT often experience heartburn. **Many times, there are no symptoms, or there may be symptoms that seem unrelated. The more common symptoms of LPR include:**

Hoarseness	Feeling a lump in throat
Chronic cough	Problems swallowing
Frequent throat clearing	Painful swallow (sore throat)

**There are many changes you can make in diet, positioning and in your lifestyle that can have a dramatic effect in preventing or stopping reflux. They include:**

Avoid tight or restrictive clothing	Avoid Smoking, or exposure to second hand smoke
Avoid non-steroidal anti-inflammatory drugs (Ibuprofen, Alleve)	Exercise regularly, reduce stress

### Avoid or limit certain foods:

Fruit juices (orange, grapefruit, cranberry)	Chocolate, Peppermint, Alcohol
Fried/Greasy foods	Mint
Caffeine (coffee, tea, sodas)	Raw onions
Carbonated Beverages	Decrease daily, red meat
Spicy, acidic (tomato-based foods, citrus or vinegar-based foods)	Any food that increases your symptoms

### During and after meals:

Eat slowly and don't overeat	Avoid bending over and exercising after eating
Eat several small meals a day, rather than large ones	Chew gum (non-mint) for 20 minutes after meals
Do not lie down for at least ½ - to 1 hour after meals	
Try warm fluids (non-caffeinated) with meals to clear esophagus	

### Bedtime:

Avoid eating/drinking within 2-3 hours before bedtime, except for water

Elevate the head of bed 6-8 inches with blocks, books or a wedge under your mattress (propping yourself up on pillows may cause neck or back pain)

If you take medications at night, be sure to take them with a full glass of water

### Other suggestions that may help reflux symptoms:

Slippery Elm Throat Lozenges or tea  
Carrot Juice