

## LARYNGOPHARYNGEAL REFLUX (LPR) AND GASTROESOPHAGEAL REFLUX (GERD)

LPR OCCURS WHEN GASTRIC JUICES ARE REFLUXED INTO THE THROAT AFFECTING THE VOCAL CHORDS AND SURROUNDING TISSUES. OVER TIME, THIS IRRITATION CAN CAUSE THE VOCAL CHORDS TO BECOME RED AND STIFF WITH EDEMA. SYMPTOMS CAN INCLUDE HOARSENESS, A CHRONIC COUGH, A FEELING OF A LUMP IN THE THROAT, AND SENSATIONS OF POST NASAL DRIP. IT CAN ALSO CREATE BRONCHOSPASMS OF THE AIRWAY DEPENDING ON THE LEVEL OF IRRITATION. LPR IS OFTEN CALLED THE SILENT REFLUX.

PEOPLE OF ALL AGES CAN GET REFLUX. LIFESTYLE CHOICES SUCH AS A HIGH FATTY, SPICY FOODS AND OVER-INDULGENCE CAN CREATE THE PROBLEM. SYMPTOMS OF LPR ARE:

- 1) HOARSENESS
- 2) LUMP IN THE THROAT SENSATION
- 3) BURNING IN THE THROAT
- 4) CHRONIC DRY COUGH
- 5) SENSATION OF POST NASAL DRIP
- 6) DIFFICULTY SWALLOWING
- 7) SORE THROAT
- 8) EAR PAIN
- 9) WHEEZING

SYMPTOMS OF GERD:

- 1) HEARTBURN
- 2) CHEST PAIN
- 3) REGURGITATION
- 4) BELCHING
- 5) DIFFICULTY SWALLOWING
- 6) BAD BREATH

EXPERIENCING ANY OF THESE SYMPTOMS MORE THAN TWO TIMES A WEEK, FURTHER TESTING SHOULD PROBABLY BE DONE. MEDICINAL INTERVENTION MAY BE NECESSARY. OFTEN TIMES, COMBINING MEDICINE WITH LIFESTYLE CHANGES IMPROVES THE SYMPTOMS SIGNIFICANTLY.