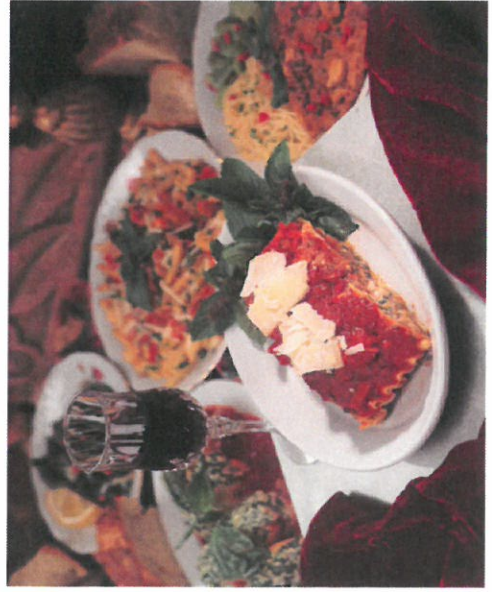


MANAGING LARYNGOPHARYNGEAL REFLUX

After a diagnosis of laryngopharyngeal reflux has been made by your physician, he or she may have you manage the condition through a combination of the following :

- Dietary Precautions
- Lifestyle Modifications
- Medication such as an antacid, H2 blocker, or proton pump inhibitor

This brochure will introduce you to some of the necessary Do's and Don'ts related to managing your GERD/LPR.



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MEDICINAL INTERVENTION

Based on the severity of your condition, your physician may or may not prescribe medication. It is important to remember that if medication is prescribed, that it is taken as directed and in conjunction with the diet and lifestyle recommendations. The following are the main types of medications used to treat LPR:

- **Antacids:** chemically absorb or neutralize the hydrochloric acid. Common brands include: Tums, Mylanta, Gaviscon, Alka mints, Rolaids, and Maalox
- **Histamine 2 Receptor Blockers:** prevent or block the production of gastric acid. Common brands include:
Tagamet (cimetidine)
Pepcid (famotidine)
Zantac (ranitidine)
- **Proton Pump Inhibitors (PPIs):** decreases the amount of acid produced in the stomach. Common brands include:
Aciphex (rabeprazole sodium)
Nextium (esomeprazole magnesium)
Protonix (pantoprazole sodium)
Prevacid (lansoprazole)
Prilosec (omeprazole)
Zegerid (omeprazole/sodium bicarbonate)
Dexilant (dexlansoprazole)

DIETARY PRECAUTIONS

Avoid the following:

- Carbonated beverages
- Caffeinated beverages
- Coffee (decaf and regular)
- Acidic fruits and beverages including orange, grapefruit, pineapple, lemon, and lime
- Tomatoes and tomato products (examples: spaghetti sauce, BBQ sauce, pizza, salsa, ketchup)
- Raw peppers and onions
- High potency mint and/or menthol products
- Chocolate
- Spicy foods (examples: jalapeños, red pepper, cayenne pepper, chili powder, curry)
- Deep fried and/or fatty foods (examples: peanut butter, fast foods, heavy cheese sauces)
- Alcoholic beverages

What you may have:

- Breads, rice, whole grains, pasta, cereal
- Milk products (if you're not lactose intolerant)
- Melons, berries, apples, pears, bananas, grapes, plums, apricots, peaches, mangos
- Any fish, lean beef, chicken, lean pork, turkey that is either baked, grilled or broiled
- Eggs

LIFESTYLE MODIFICATIONS

Add the following changes to your daily routine:

- Stop all tobacco use
- Do not exercise or lay down for at least 3-4 hours after eating
- Do not over-eat at mealtime (rather, have several small meals throughout the day)
- Avoid bending over right after eating
- Avoid tight-fitting clothing that may apply more pressure on the abdomen
- Maintain an appropriate body weight
- Elevate the head of your bed by placing bed risers under the head board or use a chiropractic wedge pillow while sleeping
- Check with your doctor about the appropriate time to take your medication for maximum benefit
- Plan your meals ahead of time and modify your favorite recipes to reflect reflux dietary guidelines
- Reduce stress

ADDITIONAL RESOURCES:

1. "Dropping Acid: The Reflux Diet Cookbook and Cure", by Dr. Jamie Koufman, Dr. Jordan Stem, Mark Bauer
2. www.webmd.com/heartburn-gerd/default.htm