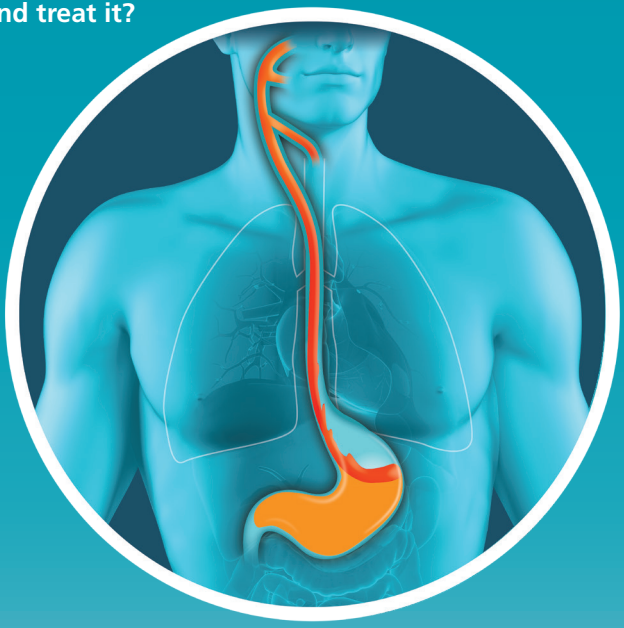
MANAGING LARYNGOPHARYNGEAL REFLUX (LPR)

Also known as Extra-Oesophageal Reflux or Silent Reflux

INFORMATION ABOUT YOUR CONDITION AND TREATMENT

This guide will help you to understand the condition your doctor has diagnosed:

- **What is laryngopharyngeal reflux?**
- **What causes it?**
- **What are the symptoms?**
- **How can you help prevent and treat it?**

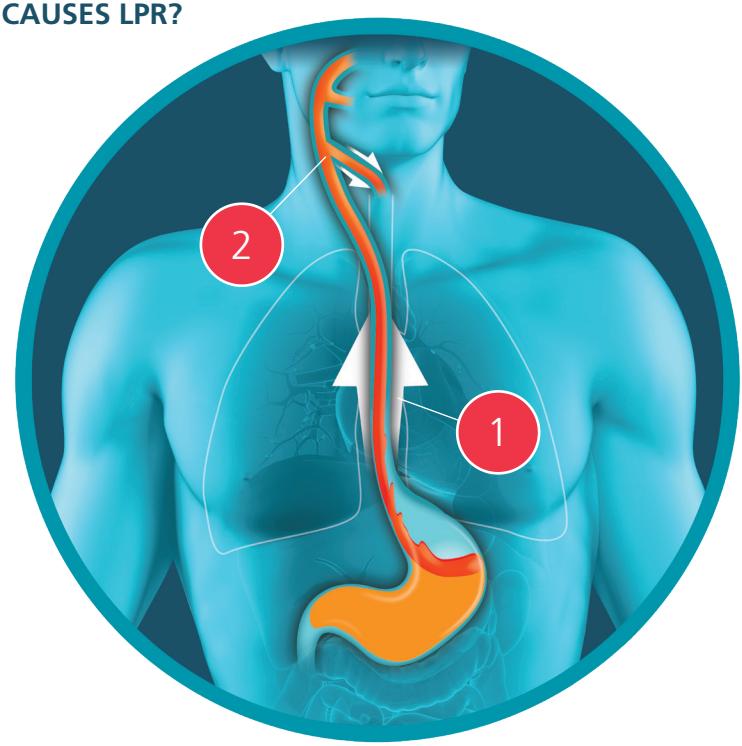


This leaflet has been supplied to you because you have been prescribed an alginate

WHAT IS LARYNGOPHARYNGEAL REFLUX (LPR)?

You've been diagnosed with quite a common condition, one that is known by a few different names, but you have probably heard it called either Laryngopharyngeal Reflux (LPR), Extra-Oesophageal Reflux (EOR) or Silent Reflux.

WHAT CAUSES LPR?



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The sphincter muscle at the top of the stomach stops working properly. This allows the contents of the stomach to flow up into your food pipe and reach the back of your throat and voice box. It can also affect the back of your mouth or cause what feels like a drip at the back of the nose.

2

In people with LPR, these stomach contents, and in particular enzymes that help you digest food, such as pepsin and bile salts, can irritate and hurt the back of your throat. This can take a while to heal.

Your symptoms may include:

- Hoarse voice
- An annoying cough or clearing your throat
- Feeling as if you have something in your throat
- Mucus in your throat or a drip down the back of your nose
- A cough after eating or lying down
- Difficulty swallowing
- Trouble breathing or choking episodes.

You may also have occasional symptoms of traditional reflux, such as heartburn and/or acid indigestion, but this is less common in people with LPR, which is why it is sometimes called 'silent reflux'

HOW CAN YOU HELP PREVENT SYMPTOMS?

EATING AND DRINKING

- Eat small, regular meals
- Avoid fatty foods like crisps, cheese, fried foods, pastries and chocolate
- Reduce the amount of alcohol you drink, especially white wine and spirits
- Reduce your caffeine intake
- Avoid fruit juices and fizzy drinks that can be very acidic
- Chewing "tooth whitening" gum can be helpful, as this contains bicarbonate that can help neutralise stomach acid.

GENERAL HEALTH

- Stop smoking, you are likely to suffer symptoms after every cigarette
- If you're overweight, try losing some – even a small weight loss may help
- Raise the head of your bed and do not lie down or go to bed immediately after eating – ideally leave at least 3 hours after eating
- Avoid tight clothing around your chest and stomach
- Try to bend from the knees rather than your waist.

WHY HAVE YOU BEEN PRESCRIBED OR RECOMMENDED AN ALGINATE?

The irritation to your throat is caused by acid and enzymes, such as pepsin and bile salts, that help you digest food. Your doctor has recommended an alginate as the right treatment for you.

An alginate forms a protective barrier on top of your stomach contents, helping to stop these flowing back up your food pipe and into your throat.

HOW LONG WILL I NEED TREATMENT FOR?

Your doctor will decide how long you need to take your treatment. Some people recover completely, but symptoms can return and you may need to take medicines again. Your progress and treatment may need to be reviewed regularly by a relevant healthcare professional.

IF YOU HAVE ANY QUESTIONS, PLEASE SPEAK TO YOUR HEALTHCARE PROFESSIONAL

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