



# ENT AND FACIAL PLASTIC SURGERY

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BOARD CERTIFIED


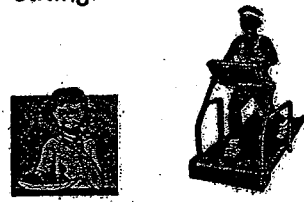





## COPING WITH ACID REFLUX

During gastroesophageal reflux, the contents of the stomach may reflux all the way up into the back of the throat and nose. This is known as laryngopharyngeal reflux (LPR).

Common symptoms of LPR include:

- Bitter taste
- Throat clearing
- Sensation of something stuck in throat
- Sensation of drainage from the back of the nose
- Sensation of throat closing up
- Sensation of burning
- Difficulty swallowing
- Hoarseness

**\*\*Many patients with LPR do not experience heartburn.\*\***

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|---|---|
| <p>1. Avoid spicy, acid, tomato-base, or fatty foods like chocolate, citrus fruits and fruit juice</p>            | <p>5. Do not exercise too soon after eating.</p>                                     |
| <p>2. Limit your intake of coffee, tea, alcohol, and colas.</p>    | <p>6. Avoid bedtime snacks and eat meals at least 3-4 hours before lying down.</p>  |
| <p>3. Watch your weight. (Being overweight increases intra-abdominal pressure), which can aggravate reflux.</p>  | <p>7. Stop smoking (or at least cut down on smoking)</p>                             |
| <p>4. Do not gorge yourself at mealtime. Eat moderate amount of food.</p>                                        | <p>8. Elevate the head of your bed with blocks. Or purchase a mattress wedge from Healthy Back Store: (703)356-0800</p>   |

**Proton pump inhibitor (PPI) (Nexium, Prevacid, Protonix, Omeprazole, Dexilant, Zegerid, Aciphex, Prilosec, etc.).** 30-40 minutes before dinner. If prescribed twice a day therapy take prior to breakfast and prior to dinner.

**H2 blocker (Zantac, Ranitidine, Pepcid, Tagamet, etc)** may be prescribed by your doctor to replace or in conjunction with PPI therapy