

How is Reflux Treated?

Based on the severity of your symptoms, a visual examination, and your pH study results, your doctor will prescribe the most appropriate therapy. Treatment ranges from lifestyle modifications for mild cases of reflux to more aggressive therapy with medication for moderate to severe reflux. In extreme cases, surgery may be recommended.

Start Feeling Better Now

These simple and healthy lifestyle modifications can be started immediately:

- Avoid eating within three hours of bedtime
- Eat small meals, and eat slowly
- Eliminate or limit problematic foods, e.g. spicy, high in fat, caffeinated or carbonated beverages, alcohol, chocolate, citrus and tomato-based foods.
- Avoid wearing tight-fitting clothing, especially around the waist
- Lose weight if you are overweight
- If you smoke – quit

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Ask Your Doctor

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Acid Reflux:
Is it causing my symptoms?



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What is Reflux?

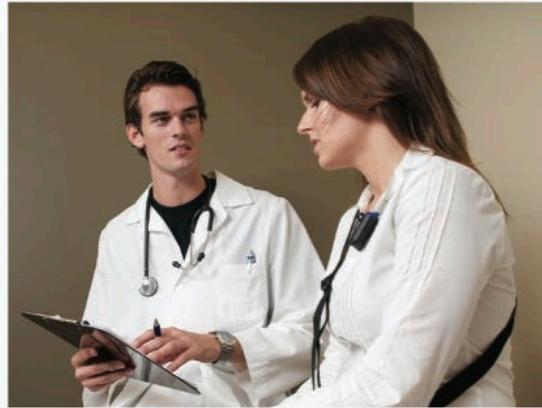
Our stomachs naturally produce acid to digest food. Sometimes this acid flows back into the esophagus, the tube connecting the throat to the stomach. When this occurs frequently and persistently, it is called Gastroesophageal Reflux Disease (GERD). The common symptom is heartburn, a burning sensation in the chest caused by acid reflux in the esophagus. Stomach acid can also be refluxed into the throat, a condition called Laryngopharyngeal Reflux (LPR). LPR can occur without heartburn, making it difficult to diagnose. This is why it is sometimes referred to as a "silent" disease.

Common Symptoms

- *Hoarseness, especially in the morning*
- *Chronic throat clearing or persistent cough*
- *Chronic sore throat*
- *A feeling of something caught in the throat*
- *Excessive mucous/post nasal drip*
- *Difficulty swallowing*
- *Restless sleep*

How Serious is Reflux?

A small amount of reflux is normal. The esophagus can handle acid exposure better than the throat, where the tissue is much more sensitive. If LPR is left untreated, it can cause serious damage to the tissues of the throat, upper airway and the lungs. LPR can also lead to serious problems including vocal cord nodules, subglottic stenosis (airway narrowing), granulomas, and even cancer. In addition, LPR can exacerbate asthma and sinusitis.



How is Reflux Diagnosed?

Your doctor will ask a series of questions about your symptoms to determine if reflux may be causing your discomfort. It is important to tell your doctor about any habits you have or medications you are currently taking. Your doctor may proceed with an examination of your throat to check for signs of swelling and redness, granulomas, and polyps. Your doctor may perform a 24 hr pH study to more accurately diagnose your condition and develop a treatment path.

Restech Dx-pH Test

One diagnostic test that your doctor may perform is with the Dx-pH System. It is a simple, comfortable test to detect acid reaching your airway. This is done with a small tube (about the size of a piece of spaghetti) that has a sensor at the tip. It is placed through your nose until the tip is in the back of your throat, high enough so that you don't feel it when you talk, eat, drink or swallow. The sensor collects pH data and sends it to a small recorder that you wear on your belt or over your shoulder. During the test period (up to 24 or 48 hours) you can eat normal meals, go to work, and even exercise. The Dx System will track your pH levels and document the frequency and severity of your reflux. With the press of a button, you can track your meals, symptoms, and sleep times. This information will help your doctor correlate your symptoms and any reflux you are having.

