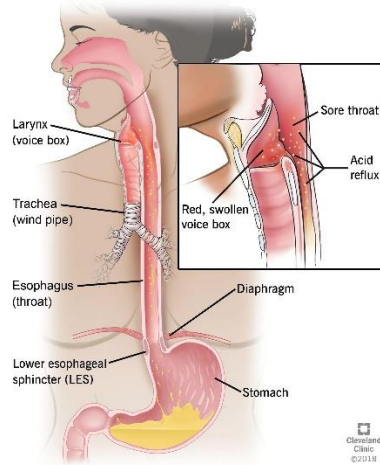


Laryngopharyngeal Reflux

What is LPR?

Is Laryngopharyngeal reflux a disease? Or is it a myth?



Please point to upper esophageal and lower esophageal sphincters.

Differentiate gastroesophageal reflux and laryngopharyngeal reflux in terms of “anatomy” and the likely symptoms manifested?

When gastric contents reach the larynx, what are the usual symptoms you’ll likely observe?

Lump in the throat sensation (globus pharyngeus), cough, dysphonia, frequent throat clearing and sour or bitter taste.

What are the physical findings that can be seen in LPR?

Read on FILIPINO REFLUX SCORE INDEX (FRSI)

Do you ‘prevent’ reflux by taking proton pump inhibitors? Explain

How do you prevent LPR?

What is the treatment for LPR?

Case Presentation

A 40 year old female presented with “globus sensation” or lump in the throat, occasional otalgia and bouts of continuous non productive cough. She doesn't have fever. She does not smoke though she has antihypertension medications.

How will you probe history to rule out:

Thyroiditis/goiter

Infectious disease

Cardio-pulmonary disease

Aerodigestive cancer

Side-effect of medications

Others: _____

What are your directed questions to diagnose LPR:

Risk factors:

Symptoms:

Assuming your laryngoscopy showed nonspecific mucosal edema of the larynx, what will you request in order to rule out other possibilities?



What is your treatment (non-pharmacologic and pharmacologic treatment) for LPR?