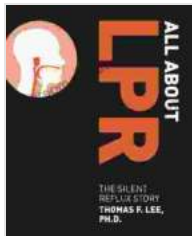


All About LPR: The Silent Reflux Story

What is LPR?

Laryngopharyngeal Reflux (LPR) is a condition in which stomach acid flows back into the throat, larynx, and pharynx. This can cause a variety of symptoms, including:



All About LPR: The Silent Reflux Story by Thomas F. Lee

★★★★☆ 4.2 out of 5

Language : English

File size : 303 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 122 pages

Lending : Enabled



* Hoarseness * Chronic cough * Difficulty swallowing * A burning sensation in the throat * A feeling of a lump in the throat * Bad breath * Nausea * Vomiting * Chest pain

LPR is often misdiagnosed as asthma or allergies, and it can be difficult to treat. However, there are a number of things that can be done to manage LPR and improve symptoms.

What causes LPR?

LPR is caused by a weakness in the lower esophageal sphincter (LES), which is the muscle that keeps stomach acid from flowing back into the esophagus. This weakness can be caused by a variety of factors, including:

* Obesity * Hiatal hernia * Pregnancy * Certain medications * Smoking * Alcohol consumption

How is LPR diagnosed?

LPR is diagnosed based on symptoms and a physical examination. Your doctor may also recommend one or more of the following tests:

* Upper endoscopy: A thin, flexible tube with a camera on the end is inserted into the esophagus to look for signs of inflammation or damage. * pH monitoring: A small probe is placed in the esophagus to measure the pH level. This can help to determine if stomach acid is flowing back into the esophagus. * Impedance monitoring: A small probe is placed in the esophagus to measure the pressure and flow of liquid. This can help to determine if there is a weakness in the LES.

How is LPR treated?

There is no cure for LPR, but there are a number of things that can be done to manage the condition and improve symptoms. These include:

* Lifestyle changes: Losing weight, avoiding certain foods and drinks, and quitting smoking can all help to reduce the symptoms of LPR. *

Medications: Proton pump inhibitors (PPIs) and histamine-2 receptor antagonists (H2RAs) can help to reduce stomach acid production. *

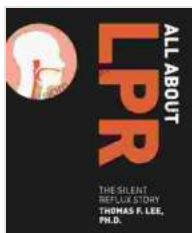
Surgery: In some cases, surgery may be necessary to tighten the LES or to

create a new valve to prevent stomach acid from flowing back into the esophagus.

What is the prognosis for LPR?

The prognosis for LPR is good. Most people with LPR can manage their symptoms with lifestyle changes and medication. However, some people may need surgery to improve their symptoms.

LPR is a common condition that can cause a variety of symptoms. It is often misdiagnosed as asthma or allergies, and it can be difficult to treat. However, there are a number of things that can be done to manage LPR and improve symptoms. If you think you may have LPR, talk to your doctor.



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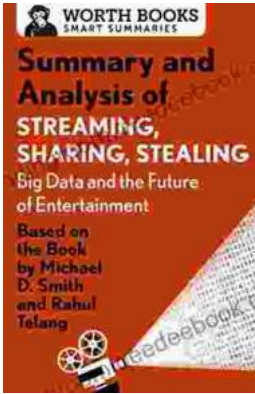
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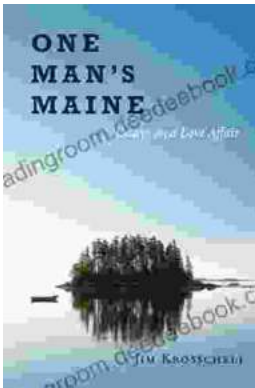
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