

ACID REFLUX

Acid reflux (stomach acid coming into gullet and/or throat) can cause inflammation and irritation of the voice box (larynx)(Laryngopharyngeal reflux)

Symptoms:

Hoarseness or weakness of voice

Cough (tickly)

Too much mucous or phlegm in the throat

Highly spiced foods can irritate the delicate membranes of the mouth and throat

Nasty taste in your mouth

Difficulty swallowing , especially with tablets

Throat clearing

Feeling something is stuck in your throat

Choking at night

Anti-reflux Advice

These are measures you can take as well as any medication prescribed.

- Eat small regular meals
- Don't eat less than 3 hours before you go to bed
- Eat sitting upright, and remain upright for at least an hour after meals
- Elevate the head of your bed by 6 inches using a brick or block placed under the bed. (Extra pillows are not advised as these may cause neck problems)
- Avoid foods which cause acid reflux: fizzy drinks, tea, coffee of any kind, beer, spirits, milk, cola, sweets, high fat products such as cheese, pastry etc, chocolate, tomatoes, citrus fruits
- Do not exercise strenuously after food
- Avoid constricting clothing
- Tooth- whitening chewing gum contains bicarbonate and can be chewed after meals
- Stop smoking
- Try to lose weight if you are over weight

Medication : Alginate eg Gaviscon Advance

4 x a day after meals and before bedtime . Nothing to Eat or drink for one hour after taking it.