



Acid Reflex (GERD/LPR)

Symptoms:

- Hoarseness of voice in the mornings or during the day
- Swallow difficulties
- Excessive mucous in the throat
- Chronic cough
- Bad breath
- Heartburn
- Feeling as though food is stuck in throat
- Pain in chest
- Tooth decay
- Ear infections

Food/liquid that increase GERD/LPR:

- Alcohol
- Caffeine (including chocolate)
- Spicy foods
- Acidic foods (tomatoes, orange juice, coffee)
- Fatty foods

Medications that cause GERD/LPR:

- Tranquilizers (Xanax, Valium)
- Birth control pills
- Respiratory medications (Theophyllin)
- Anticholinergics (Donatol, Scopolamine)
- Beta blockers (Tenormin)
- Anti-osteoporosis medications (Fosamax)
- Calcium channel blockers (Procardia, Cardizem)
- Non-Steroidal anti-inflammatory (Motrin, Advil, Ibuprofen)
- Aspirin
- Viagra

Other causes of GERD/LPR:

- Decreased saliva in mouth
- Being intubated through the nose for an extended period (NG tube)
- Overeating
- Over weight
- Tight clothing
- Pregnancy
- Body posture
- Hormones

Behavior modifications to reduce GERD/LPR:

- Elevate the head of bed 6-8 inches
- Eat 6 small meals a day instead of 3 large meals
- Sit upright for 2 hours after eating
- Do not exercise after eating
- Do not wear tight clothing
- Watch what you eat/drink
- Watch your weight