



Silent Reflux or Laryngopharyngeal Reflux (LPR)

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LARYNGOPHARYNGEAL REFLUX (LPR) CAN CAUSE:

- Hoarseness
- Trouble swallowing
- Too much throat mucus
- A “lump” in the throat
- Chronic cough
- Heartburn
- Tickle and itching in the throat

WHAT IS REFLUX AND WHAT IS LPR?

The term LARYNGOPHARYNGEAL REFLUX (LPR) also known as Silent Reflux refers to the backflow of food or stomach acid all the way back up into the larynx (the voice box) or the pharynx (the throat). LPR can occur during the day or night, even if a person has not eaten. Some people with LPR may also have gastroesophageal reflux disease (GERD), which may cause heartburn (a painful, burning sensation in the chest).

HOW IS LPR TREATED?

Treatment for LPR should be individualized, and your doctor will suggest the best treatment for you. Generally, there are several treatments for LPR:

1. Changing habits and diet to reduce reflux.
2. Medications to reduce stomach acid.
3. If patients are not responding to diet and medications, further testing may be needed.

TIPS FOR REDUCING REFLUX AND LPR: Control your LIFESTYLE and your DIET!

- If you use tobacco, QUIT. Smoking causes reflux.
- Do not wear clothing that is too tight, especially around the waist (trousers, corsets, belts).
- Do not lie down right after eating. In fact, do not eat within three hours of bedtime.
- You should be on a low-fat diet:
 - Limit your intake of red meat.
 - Limit your intake of butter.
 - Avoid fried foods.
 - Avoid chocolate.
 - Avoid cheese.
 - Avoid eggs.
- Specifically avoid: caffeine (especially coffee and tea), soda pop, and mints.
- Avoid alcoholic beverages, particularly in the evening.
- Lose weight if you are overweight or obese.

CAN CHILDREN GET LPR?

Yes, throat and lung breathing problems in infants and children can be caused or worsened by LPR.