



Ear, Nose, Throat

Sinus, Allergy, Audiology

Snoring & Sleep Apnea

MINNEAPOLIS OTOLARYNGOLOGY, P.A.

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GASTROESOPHAGEAL REFLUX

Gastroesophageal reflux occurs when the valve (sphincter) between the upper stomach and lower esophagus does not function properly and allows acid to reflux upwards toward the throat. A person can have irritation of the throat without any symptoms related to the esophagus itself. In order to prevent reflux, there are a number of dietary and lifestyle modifications that can be made:

- If you are overweight, weight reduction may help. Anything that increases abdominal pressure, such as weightlifting and tight-fitting clothes, should be avoided.
- Avoid alcohol and smoking, both of which impair the function of the esophageal sphincter.
- Keep meals small and low in fat.
- Eliminate caffeine, which can be found in coffee, tea, pop and chocolate. Even decaffeinated coffee has caffeine. Using cough drops or chewing gum will lead to air swallowing and increased reflux.
- Wait at least three hours after eating before lying down. Don't have anything to eat after dinner so your stomach will be empty when you go to bed.
- Sleep with the head of the bed elevated by either placing blocks on the floor underneath the head of your bed or by sleeping propped up on pillows.

If the above maneuvers do not work, then using one of the following **medications** in addition to the above, may be of benefit:

- Maalox or Mylanta, 2 tablespoons twice daily and prior to bed.
- Prilosec 20 mg one tab daily. Take 30-45 minutes before breakfast.
- Zantac 75 mg one tablet twice daily by mouth as needed.
- Zantac 150 mg maximum strength twice daily by mouth – up to 2 tablets in 24 hours.

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