

DIET MODIFICATIONS: Foods to be avoided and suggested substitutions

Beverages: Avoid alcohol, caffeinated beverages, carbonated drinks, and juices such as orange, grapefruit, cranberry, lemonade and tomato. *Use skim milk, caffeine free beverages, mineral water.*

Dairy: Avoid whole milk or cream; high fat sour cream, cottage cheese or yogurt, milk shakes, and ice cream. *Use skim milk, feta or goat cheese, fat-free cream cheese, and fat-free sour cream.*

Grains: Avoid high fat breads such as sweet rolls, doughnuts, waffles, granolas. *Use whole wheat, multi-grains or rye breads, soda crackers, cereals (bran or oatmeal), graham crackers, pretzels, rice (brown or white) and rice cakes.*

Fruits: Avoid avocado, acidic fruits (grapefruit, oranges, lemons, limes, and pineapple). *Use apples, bananas, and grapes.*

Vegetables: Avoid tomatoes, garlic, onions, sauerkraut, and any fried vegetables. *Use baked potato, broccoli, cabbage, carrots, green beans and peas.*

Meats/Eggs: Avoid ground beef, chicken nuggets, buffalo wings and fried eggs. *Use lean ground beef, skinless chicken breast, egg whites or substitutes, fish with no added fat.*

Snacks/Desserts: Avoid high fat cookies, brownie, chocolate, corn chips, and potato chips. *Use low-fat or fat free cookies, jelly beans, red licorice, baked potatoes chips.*

Fats/oils: Avoid creamy salad dressings, and oil and vinegar dressing. : Avoid soups made with cream
Avoid all fried foods. Avoid gravy. *Use low-fat salad dressings. Use soups made with broth.*

Others: Avoid peppermint/spearmint, spicy foods (curry, pepper, chillies, horseradish, hot sauce.) *Use salt, mild spices and herbs.*

B) MEDICATIONS may be used to treat symptoms consistent with reflux disease. These medications include antacids, H2 blockers, and Proton Pump Inhibitors.

- 1) Non prescription antacids** are medications which neutralize stomach acids. Examples include Tums, Rolaids, Gaviscon, Maalox, and ALka-Seltzer. These are meant to be used occasionally.
- 2) H2 blockers** are medicines that reduce the amount of acid the stomach produces by blocking one important producer of acid: histamine 2. These can be purchased over the counter or prescribed by your physician. Over the counter brands include Zantac 75 (Ranitidine), Pepcid-AC (Famotidine), and Tagamet-HB (Cimetidine).
- 3) Proton Pump Inhibitors (PPI's)** are medications that completely block the production of acid. PPIs include: Pariet (raberprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole) and Tecta (pantoprazole). These medications are best take 20-30 minutes before your main protein containing meal. Dexilant (dexlansoprazole) is taken once a day, at any time, but the same time each day.

Improvements can be immediate or may take up to 6 months for symptoms to resolve, as the delicate tissues of the larynx and pharynx take longer to heal.

C) SURGERY may be necessary in some cases to prevent reflux despite lifestyle modification and medications. You may be referred to a gastroenterologist for further assessment.

REFLUX and the VOICE

Reflux is defined as the backward flow of body fluids.

Gastroesophageal reflux (GER) is the backflow of stomach contents into the esophagus. It is thought to be a failure of the lower esophageal sphincter. Symptoms include regurgitation, nausea and heartburn. Heartburn is described as burning pain in the middle of the chest.

Laryngopharyngeal reflux (LPR) is backflow of the stomach contents into the larynx (voice box) or the pharynx (throat) and this consists mainly of acid and activated pepsin. It can also affect the lungs and nasal passages. It is thought to be related to incomplete closure of the upper esophageal sphincter. ***Symptoms include hoarseness, chronic cough and/or throat clearing, feeling of a 'lump in the throat', excessive mucous in the throat, and some times difficulty swallowing.*** Most people with LPR do not experience heartburn. Some people have low sensitivity to acid in the esophagus and often report no symptoms but this does not mean that reflux is not occurring. Unlike the stomach, the voice box is much more sensitive to injury and irritation and often takes longer to heal.

Treatment may include the following: A) lifestyle and diet modifications, B) medication, or C) surgery.

A) LIFESTYLE CHANGES

1. **Eat three nutritionally balanced meals per day.** Avoid snacking. Avoid over eating. This minimizes the number of times reflux can occur, as reflux occurs most often while eating.
2. **Do not lie down after meals for at least 2-3 hours.** Do not eat or drink for 3-4 hours before going to bed. This minimizes the effects of gravity as it takes 2-3 hours for the stomach to empty.
3. **Maintain an appropriate body weight.** The heavier you are the more pressure on the stomach which tends to cause more reflux.
4. **Elevate the head of your bed 4-6 inches.** Avoid using pillows. This induces gravity and minimizes the number of times reflux occurs.
5. **Avoid constricting clothing.** This increases the pressure on the stomach and more reflux can occur.
6. **Avoid eating prior to exercise.** Vigorous exercise is associated with more frequent reflux.
7. **Avoid bending over and heavy lifting after eating.** This minimizes the opportunity for reflux to occur.
8. **Avoid or stop smoking.** It results in esophageal relaxation and more reflux events.
9. **Many medications promote reflux.** They may decrease the lower esophageal sphincter pressure. Please consult with your physician.
10. **Avoid foods and beverages that trigger reflux:**

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