

## INFORMATION SHEET FOR REFLUX LARYNGITIS

### What is Reflux Laryngitis?

Reflux is the backflow of acid from the stomach into the throat (gullet). This acid irritates the sensitive lining of the throat and voice box. This condition is called as Reflux laryngitis. Reflux can occur both during the day and night. Many people might get reflux without having any problems with it.

### Causes of Reflux:

- Excessive weight around mid-riff
- Over-eating
- Medications like Aspirin, Vitamin C, Antihistamines
- Post-operative reaction to general anaesthetic
- Stress
- Smoking
- Pregnancy
- Sensitivity to certain foods
- Hormonal changes
- Postural changes

### Dietary Modifications:

- Reduce intake of fried / fatty / spicy foods
- Reduce intake of coffee / tea / chocolate / mints and fizzy drinks
- Reduce intake of alcohol (especially in the evenings)
- Reduce intake of raw tomatoes and citrus fruits and citrus juices
- Eat smaller more frequent meals (to avoid over-filling of the stomach)
- Avoid eating or drinking within 2-3 hours of bedtime
- You can drink pineapple juice (as this breaks down fat and aids digestion)

### Lifestyle Modifications:

- Try to achieve an optimum weight
- Avoid reclining after eating
- Avoid heavy lifting or bending especially after eating
- Avoid exercising within two hours of eating
- Avoid tight-fitting clothes / belts
- Elevate the head end of the bed 4-10 inches (10-25 cm)
- Avoid stress and anxieties if possible
- Give up smoking (as nicotine promotes reflux)