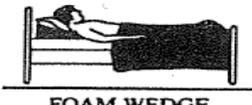
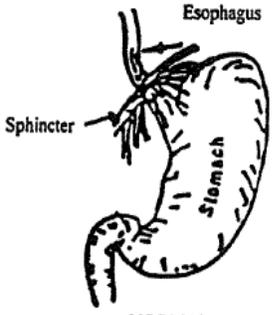
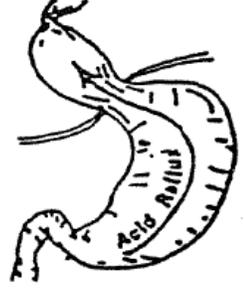
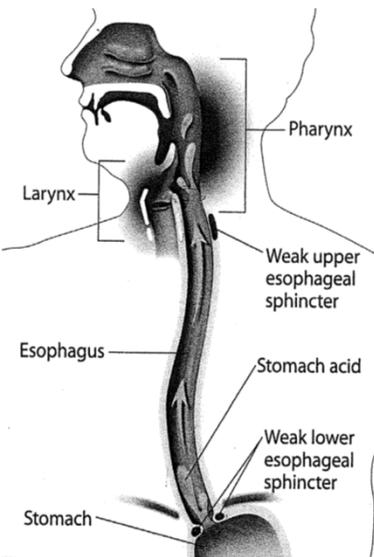


Treatment of Laryngeal & Esophageal Reflux

<p>BED</p>	<p>1. Elevate the head of your bed by using a foam wedge or placing a 4-6 inch block under each leg at the head of your bed. The goal is to raise the larynx (voice box) above the stomach. Elevating your head with pillows is not effective.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>6-8 inch Foam Wedge</p>  <p>FOAM WEDGE</p> </div> <div style="text-align: center;">  <p>4 - 6 INCH BLOCK</p> </div> </div> <p>2. Sleep on your left side to keep the curved part of the stomach lower than the throat.</p>						
<p>DIET</p>	<p>1. Low fat diet. 2. Smaller, more frequent meals. 3. Avoid the following:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">a) regular and decaf. coffee, tea, cola or other caffeinated beverages.</td> <td style="width: 50%;">c) chocolate</td> </tr> <tr> <td>b) alcohol</td> <td>d) peppermint</td> </tr> <tr> <td colspan="2">e) any food you have found that causes heartburn</td> </tr> </table> <p>4. Do not eat for at least 2 hours before lying down or reclining.</p>	a) regular and decaf. coffee, tea, cola or other caffeinated beverages.	c) chocolate	b) alcohol	d) peppermint	e) any food you have found that causes heartburn	
a) regular and decaf. coffee, tea, cola or other caffeinated beverages.	c) chocolate						
b) alcohol	d) peppermint						
e) any food you have found that causes heartburn							
<p>TOBACCO</p>	<p>1. Stop or decrease smoking and/or chewing of tobacco products.</p>						
<p>WEIGHT</p>	<p>1. Reduce to ideal weight.</p>						
<p>MEDICATION</p>	<p>1. Antacids (such as Maalox, Mylanta, Alternagel, Amphogel or Gaviscon)</p> <ol style="list-style-type: none"> a) Take as directed 30 minutes after each meal and at bedtime. b) Excessive amounts of Maalox or Mylanta can cause diarrhea. Limit your intake to 1-2 Tbsp. at a time, or try Alternagel or Amphogel. c) The most important doses are after supper and at bedtime. <p>2. Ranitidine 150 mg. Take one table 30 min. before breakfast and one 30 min. before evening meal. OR Proton Pump Inhibitors (PPI)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Omeprazole </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> one tablet 20-60 minutes before breakfast. <input type="checkbox"/> one tablet 20-60 minutes before supper. <input type="checkbox"/> one tablet 20-60 minutes before breakfast and supper. </td> </tr> <tr> <td colspan="2" style="text-align: center;"> <input type="checkbox"/> _____ </td> </tr> </table> <p>3. Limit to 3-6 months to avoid bone loss, anemia, infections. Discuss with PCP or GI MD for long term use. 4. Ask your pharmacist if this will interfere with any of your prescription medication. 5. When you are ready to go off the PPI, you must taper yourself off over 1-2 weeks. For example: Week 1 - Continue taking the am dose daily but take the evening dose every other night for one week. Week 2 - Take just the am dose. Week 3 - Take am dose or if going off that, take it every other day for several days then stop.</p>	<input type="checkbox"/> Omeprazole	<input type="checkbox"/> one tablet 20-60 minutes before breakfast. <input type="checkbox"/> one tablet 20-60 minutes before supper. <input type="checkbox"/> one tablet 20-60 minutes before breakfast and supper.	<input type="checkbox"/> _____			
<input type="checkbox"/> Omeprazole	<input type="checkbox"/> one tablet 20-60 minutes before breakfast. <input type="checkbox"/> one tablet 20-60 minutes before supper. <input type="checkbox"/> one tablet 20-60 minutes before breakfast and supper.						
<input type="checkbox"/> _____							
<p>Call your doctor if no improvement in 8-12 weeks unless otherwise directed. Follow-up with your PCP in 3 months and consider a referral to Gastroenterologist if symptoms fail to improve in 6 months.</p>							
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>NORMAL</p> </div> <div style="text-align: center;">  <p>HIATUS HERNIA WITH REFLUX</p> </div> </div>	 <p>Pharynx Larynx Weak upper esophageal sphincter Esophagus Stomach acid Weak lower esophageal sphincter Stomach</p>						
<p>The above measures are not necessarily permanent. At the discretion of you physician, these measures may be modified or omitted after a sufficiently long symptom-free period.</p>							