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Laryngopharyngeal Reflux Disease

Integrative Approaches

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This comprehensive text provides the reader with an in-depth understanding of laryngopharyngeal reflux (LPR), and presents a practical and readable evidence-based approach to the diagnosis and management of patients with this condition. It highlights options for management of those patients who fail to improve with traditional reflux treatment and assists in determining the next steps in the management of this population. Information is presented from an inter-disciplinary perspective, including input by otolaryngology, gastroenterology, speech pathology, and complementary/integrative medicine. The first section of the book is dedicated to understanding the fundamentals of laryngopharyngeal reflux as a condition. It begins with a review of the fundamental anatomy and pathophysiology of LPR and summarizes the landmark and most recent advances in the scientific understanding of this condition. Subsequent chapters delve into the typical symptoms and clinical presentations of patients, with information provided on cost-effective work-up strategies to confirm the diagnosis. The second section focuses on management of this condition. It begins with a thorough review of traditional medical management, including use of proton pump inhibitors, histamine receptor antagonists, neutralizing agents, low acid diet, alkalinizing agents, and alginates. Surgical management is reviewed as well, including partial and full fundoplication operations. It concludes with "non-traditional" treatment options for LPR, with chapters dedicated to voice therapy, probiotics, herbal therapies, and integrative East-West medicine approaches. Laryngopharyngeal Reflux Disease will be a definitive guide for otolaryngologists, gastroenterologists, speech pathologists, and general physicians with an interest in traditional and complementary/integrative treatments for patients with laryngopharyngeal reflux.

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