

ANTI-REFLUX PRECAUTIONS
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Gastro esophageal reflux disease (GERD) is caused by decreased tone of the sphincter muscle, which controls the opening between the stomach and esophagus. Certain foods and certain medications can impair sphincter tone. When this muscle doesn't work properly, acid from the stomach "backs up" or refluxes into the esophagus and sometimes into the pharynx or throat. This can be aspirated between the vocal cords and down into the trachea. Some possible resulting symptoms of GERD are burning pain, sore throat, hoarseness and acid taste in the mouth and throat.

The following diet and lifestyle modifications are recommended to prevent and decrease GERD:

1. Lose weight if overweight and certainly do not gain weight.
2. Do not overeat at anytime; small, more frequent meals are better.
3. Avoid smoking and alcohol.
4. Do not lie down within 2-3 hours of eating.
5. Avoid harshly cooked foods, fried foods, barbecue, overcooked vegetables, tomato products (soups, okra and tomatoes, tomato sauce, ketchup, juice), and orange or grapefruit juice.
6. No caffeine (coffee, soft drinks, tea, and chocolate) or peppermint
7. Elevate the head of the bed 6 inches. (Pillows do not work well because you will slip off the pillow while sleeping. Rather use bricks or blocks under the posts at the head of the bed or under the mattress.
8. You may be given a prescription medication. If so, use that as directed.
9. Otherwise, use a prescription use over-the-counter antacid products such as Gaviscon Foamtabs or Riopan Plus tabs. Chew 1 tablet 1 hour after each meal and 2 at bedtime; follow with ½ glass of water.

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