

Treatment Plan For:
*Gastroesophageal Reflux Disease &
Laryngopharyngeal Reflux*

The lower esophageal muscle can be weakened by some foods and other factors. Below are recommendations that may be helpful in reducing symptoms:

- Stop using tobacco in all forms. Nicotine weakens the lower esophageal muscle.
- Avoid chewing gum and hard candy. They increase the amount of swallowed air, which in turn leads to belching and reflux.
- Do not lie down for at least three hours after eating. Avoid late evening snacks.
- Avoid tight clothing and bending over after eating.
- Eat small, frequent portions of food, and snack if needed.
- Lose weight if overweight. Obesity leads to increased reflux.
- Elevate the head of the bed six to eight inches to prevent reflux when sleeping. Extra pillows, by themselves, are not very helpful.
- The following foods aggravate acid reflux, and should be avoided:
 - fatty or fried foods
 - peppermint and spearmint
 - whole milk
 - oils
 - chocolate
 - creamed foods or soups
 - most fast foods
- The following foods irritate an inflamed lower esophagus and may need to be limited or avoided:
 - citrus fruits and juices (grapefruit, orange, pineapple, tomato)
 - coffee (regular and decaffeinated)
 - caffeinated soft drinks
 - tea
 - other caffeinated beverages
- Spicy or acidic foods may not be tolerated by some individuals.
- Using 30 mg of Prevacid once a day about 45 minutes before a meal may also help with symptoms.