Evaluation/manifestation of L.P.R

Dr.irfan iqbal (author)

DEPARTMENT OF ENT,HNS GOVERNMENT MEDICAL COLLEGE SRINAGAR KASHMIR INDIA.

Email;irfaniqbal0809@yahoo.com

Background and purpose: To study the clinical presentation of Laryngopharyngeal Reflux(LPR), Document endoscopic findings of patients with (LPR) and its correalation with Gastroesophageal Reflux Disease(GERD), and to formulate management strategy .

METHODS: 112 patients were studied and followed for a period of at least six months. The study was under the following headings: (1)establish the diagnosis of LPR by using Reflux , (2)establish diagnosis of GERD ,(3)treatment OF LPR

RESULTS: Majority of patients were females (53.3%) and in the age group of 20-50 years.RSI was used to study symptoms. common symptoms were clearing of throat (97.1%),lump in throat (96.2%),excess throat mucus (93.3%) .The signs of LPR were studied by using RFS . common findings were vocal cord edema (97.1%) and erythema (93.3%).Symptoms of GERD were present in less than half of patients (47.6%). EGD found to be normal (64.8%). Most common finding on EGD was esophagitis (17.1%) , gastritis (14.3%) , hiatus hernia (8.6%). Majority of patients responded to medical management o(96.2%) . RSI improved from a mean score of 17.6% at initiation of treatment to 3.9 at 6 months follow up. RFS improved from a mean score of 11.9 at pre-treatment to (1.7) at 6 months follow up.

CONCLUSION: LPR is common and RFS and RSI were used to evaluate LPR , They were reproducible and effective. GERD was present in less than half of the patients. Medical management twice PPI was effective.