

# Laryngopharyngeal Reflux

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This month's quiz is based on the article, "Identifying and Managing Laryngopharyngeal Reflux," which begins on page 15 of this issue. Choose the single best answer for each question.

**1. All of the following are common symptoms of laryngopharyngeal reflux (LPR) EXCEPT:**

- (A) Excessive throat mucus
- (B) Globus pharyngeus
- (C) Heartburn
- (D) Intermittent dysphonia
- (E) Throat-clearing

**2. Appropriate work-up of globus pharyngeus should always include which of the following?**

- (A) Cervical ultrasound
- (B) Dual probe pH testing
- (C) Laryngoscopy
- (D) Neck computed tomography
- (E) Reassurance only

**3. Dysphonia attributable to LPR is:**

- (A) Not fluctuating
- (B) Not usually improved with antireflux therapy
- (C) Usually intermittent
- (D) Usually progressive
- (E) None of the above

**4. Which of the following statements regarding ambulatory pH monitoring for LPR is true?**

- (A) Ambulatory pH testing plays no role in LPR diagnosis
- (B) A pharyngeal probe is used to diagnose LPR
- (C) Distal pH testing is sufficient for diagnosing LPR
- (D) Patients should not eat during ambulatory pH testing
- (E) Proximal esophageal testing is sufficient for diagnosing LPR

**5. Which of the following statements regarding the treatment of LPR is true?**

- (A) Lifestyle modifications are not effective

- (B) Treatments used for gastroesophageal reflux disease (GERD) are equally effective for LPR
- (C) Twice-daily proton pump inhibitor (PPI) therapy should be given for significantly symptomatic LPR
- (D) Ranitidine is the gold standard treatment for LPR
- (E) Failure to respond to a 14-day trial of once-daily PPI therapy effectively rules out LPR

**6. Which of the following statements regarding LPR is true?**

- (A) Treatment of LPR should be initiated prior to performing laryngoscopy in patients with globus
- (B) LPR is common among patients with voice disorders
- (C) LPR always presents concomitantly with GERD
- (D) Erosive esophagitis is common in patients with LPR
- (E) LPR is diagnosed primarily on the basis of laryngeal erythema

**7. Which of the following is not a recommended lifestyle modification for reflux (GERD and LPR)?**

- (A) Do not lie down within 3 hours of eating
- (B) Eat small, frequent meals
- (C) Elevate head of bed
- (D) Move the evening meal to just before bedtime
- (E) Weight loss

**8. Which antireflux treatment creates a physical barrier to reflux?**

- (A) Antacids
- (B) Liquid alginate
- (C) Metoclopramide
- (D) Omeprazole
- (E) Ranitidine

For answers, see page 48.

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**Answers to the Clinical Review Quiz, which appears on page 40. The article on laryngopharyngeal reflux begins on page 15.**

1. (C) Heartburn
2. (C) Laryngoscopy
3. (C) Usually intermittent
4. (B) A pharyngeal probe is used to diagnose LPR
5. (C) Twice-daily PPI therapy should be given for significantly symptomatic LPR
6. (B) LPR is common among patients with voice disorders
7. (D) Move the evening meal to just before bed-time
8. (B) Liquid alginate

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