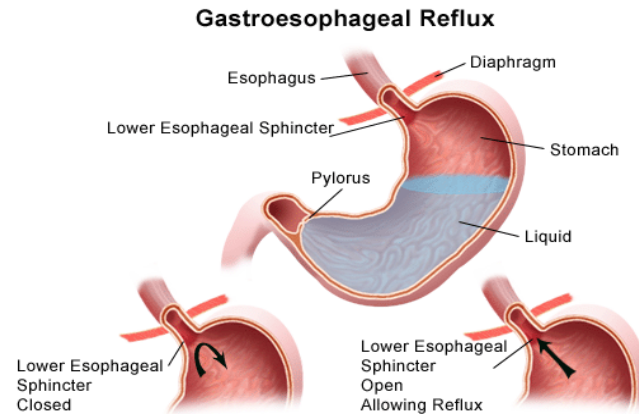


# Gastroesophageal Reflux Disease & Laropharyngeal Reflux (LPR)

## Prevention Techniques:

- If you use tobacco products, QUIT! Smoking can increase reflux or LPR
- Tight clothing around the waist can make you reflux.
- Do not eat 3 hours before lying down at night.
- Elevate the head of the bed 4-6" with bricks under the bed post.
- Lose weight, if you are overweight.
- Take prescribed medications from your healthcare provider.



## Common Foods that Trigger GERD

Some foods are notorious for triggering symptoms of GERD. Avoiding these foods and finding your triggers can help you change your eating habits and reduce discomfort. Some common food triggers are:

- Coffee
- Citrus fruits and juices
  - Tomatoes
- Carbonated beverages
  - Chocolate
- Peppermint, garlic, and onions
- Fatty, spicy, or fried foods