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Evaluation/Manifestation of LPR

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Background and purpose: To study the clinical presentation of Laryngopharyngeal Reflux (LPR), Document endoscopic findings of patients with (LPR) and its correlation 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%) and hiatus hernia (8.6%). Majority of patients responded to medical management (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.

Biography

Irfan Iqbal studied MBBS from reputed medical college in Srinagar, India. Later he joined for specialization of Otorhinolaryngology-Head and Neck Surgery and currently working as lecturer in HNS Government Medical College, India.

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