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Summary

PATIENTS WITH LARYNGO PHARYNGEAL REFLUX SYMPTOMS MOSTLY HAVE NORMAL PH-IMPEDANCE TESTING RESULT: A PROSPECTIVE OBSERVATIONAL CROSS SECTIONAL STUDY

Yishai Ron

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A cross-sectional study of 156 patients found that those referred for laryngopharyngeal reflux symptoms had similar esophageal acid exposure to patients with classic reflux symptoms, with the majority showing normal acid exposure and high prevalence of functional disorders.

KEY POINTS

- Of 156 patients referred for pH-impedance testing, 42% were referred for LPR symptoms and 58% for classic reflux symptoms, with no significant differences in demographics, background diseases, or psychological profile between groups
- Esophageal acid exposure time was similar between classic reflux and LPR groups (5% vs 5.4%), and the proportion with abnormal acid exposure was also similar (36% vs 35%)
- Both groups showed high prevalence of Rome 3-defined IBS (67% classic reflux, 59% LPR) and functional dyspepsia (56% vs 32%), higher than reported world prevalence
- Among patients with symptoms during testing, functional heartburn was diagnosed in 33% of classic reflux patients versus 50% of LPR patients
- The authors suggest these findings indicate overdiagnosis of LPR symptoms as being related to acid gastroesophageal reflux, though other mechanistic explanations may exist

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