

PREVALENCE OF LARYNGOPHARYNGEAL REFLUX DISEASE BETWEEN PSCUH ENT OUTPATIENT CLINIC PATIENTS AND THERAPY EFFICIENCY

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Introduction. Laryngopharyngeal reflux disease (LPR) is characterized by situation when the acidic content of the stomach pass in laryngopharynx and comes in contact with tissues of the upper aerodigestive tract. The main LPR manifestation: reflux- induced cough, reflux- induced laryngitis, reflux- induced asthma and reflux- induced choking. The main symptoms are: hoarseness, throat clearing, choking sensation, dysphagia, dysphonia and excessive mucous. It is considered that LPR is defined as an extraesophageal variant of gastroesophageal reflux disease (GERD), but the recent literature shows that LPR can pass without GERD, linking the effects of various factors on vagovagal nerves irritation, contributing to the development of the symptoms. According to the statistics, LPR is diagnosed to approximately 10% of all ENT clinic patients, but overall in world prevalence varies by 10-20%, as well as 50% patients, who come to ENT clinic with complaints about voice disorders, are diagnosed LPR. Laryngopharyngeal reflux commonly affects women. The average age of onset is 57.

Aim. To find out LPR prevalence between PSCUH patients, who have visited ENT outpatient clinic in November 2014 and compare resulting data with average data in the world. Obtain information about the outpatients' complaints, the objective finding, other diagnosis, as well as the prescribed treatment and effectively.

Materials and methods. There were surveyed 355 patients' clinic cards, which have been registered in November 2014 in ENT outpatients' clinic. In addition there was collected clinical data about those patients that included information about other diagnosis and prescribed therapy. Processing and calculations of data was carried out by using *IBM SPSS Statistics 22* programme.

Results. Relying on monitored ENT outpatients clinic patients' cards, 5,9% (n = 21) of patients were diagnosed LPR. 71% (n = 15) of them were women, but 29% (n = 6) were men. The mean age of patients was $53,6 \pm 14,9$ years (women- $51,2 \pm 16,6$, men- $59,5 \pm 7,6$). 42,9% (n = 9) of patients were diagnosed GERS. 95,2% (n = 20) of patients have had appropriate medical therapy, all receiving proton pump inhibitors (PPIs). The most common patient complaints related to discomfort in throat (42,9%, n = 9) and hoarseness of voice (23,8%, n = 5).

Conclusions. Overall it can be concluded that prevalence between gender and average age do not differ significantly from average rates in the world, although the common prevalence is relatively lower than the average in the world. Relatively small proportion of patients has been diagnosed with GERS, which might suggest that the LPR manifestations may pass without the prior or existing GERS.