



HAVAS ENT CLINICS

Excellence in otolaryngology

GP NEWSLETTER – JUNE 2019

Reflux Induced Pharyngolaryngitis

- A very commonly over- or misdiagnosed condition
- Recent meta analysis of the literature shows that there is no benefit from acid suppression in this condition
- Laryngeal symptoms may well be caused by pepsin or altered microbiome
- Note that long term use of Nexium and the like are associated with;
 - Osteoporosis
 - Altered gastric mucosa
 - Increased prevalence of community acquire pneumonia / chest infections.

Upper GI endoscopy has no role in chronic sore throat / reflux induced pharyngolaryngitis as the effective positive yield is significantly less than 1 percent.

Flexible transnasal oesophagoscopy supplementing expert clinical examination appears to be the investigation of choice.



New directions

- **Salivary pepsin testing.**
 - Currently not available in Australia
 - We have received ethics approval and funding and will be undertaking clinical testing at Prince of Wales Hospital within 2 months
- **Pharyngeal / laryngeal microbiome study**
 - At the POW H&N Research Group we are about to start recruiting volunteers and appropriate controls to define alterations in microbe populations between symptomatic and asymptomatic individuals.

Bondi Junction

Suite 506, Level 5
1 Newland Street
Bondi Junction NSW 2022

Kogarah

St George Private Hospital
Suite 3A, Level 3
1 South Street
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North Sydney

Suite 102, Level 1
349 Pacific Highway
North Sydney NSW 2060



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Why HAVAS ENT Clinics?

- We have the country's largest experience in managing reflux induced pharyngolaryngitis
- We formulated the HAVAS / PRIESTLEY classification of reflux induced pharyngolaryngitis... Still the most widely used rating scale!

We have Sydney's most established Voice and Swallowing clinic.

We introduced and perform more flexible transnasal oesophagoscopies (done in awake patients in the seated position under light local anaesthesia) than any other group in the country.

We are acknowledged as and the most widely published research group in this area.

Referrals

To Voice/Swallowing clinic... please contact us via phone or email.

Educational information

Contact Amy Alchin, Clinic Coordinator, on 9387 7360.

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