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All About LPR: The Silent Reflux Story



Synopsis

LPR (laryngopharyngeal reflux), often referred to by a number of other names including â œsilent refluxâ • and â œreflux laryngitisâ •, is very common, uncomfortable, and can seriously interfere with oneâ™s quality of life. It can trigger complications such as bronchitis and pneumonia. Its numerous symptoms commonly include constant throat clearing, a feeling of a lump in the throat, coughing, and hoarseness. There is widespread controversy in the medical community over the methods of diagnosis and management of LPR. The few books that include any extended description of LPR are written for health care professionals. This book is the first and only comprehensive source of detailed facts about the disorder written for the layperson. It is based on a comprehensive review of the medical literature. The authorâ™s years of teaching and research enable him to translate technical jargon into clear language for the average reader. If you have been diagnosed as having LPR, or know someone who has been, this book will be a valuable aid in understanding all aspects of the disease. It will help the reader to become a better-informed and effective advocate for the best plan of care. NOTE: This book is continuously updated on the author's blog, [allaboutlpr at tumblr.com](http://allaboutlpr.tumblr.com), in order to keep current with new developments.

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Customer Reviews

If you want to understand LPR, and I mean really understand it in detail, this is a great book. You'll walk away with a much greater understanding of what LPR is, the physiology, the chemistry, etc. As I read it, I kept waiting for solution to LPR, but it never came.

As a former corporate research scientist myself, I loved Mr. Lee's direct, clear approach to relaying what is and what is not known about LPR. Although not very much is understood about LPR at this time, he advises the reader how to stay informed about new developments.

It's incredibly difficult for the layman to find any useful info on LPR. lists a few books that are primarily recipe books. And then there is the medical literature, which is often impenetrable. This author has read the medical literature and restated the key findings in easily understood terms for the educated reader. The state of medical research is such that there are no definitive answers as to cause, diagnosis or treatment, there appear to be multiple causes in play for most cases, and LPR may coexist with other conditions such as GERD. Although there are no easy answers, you will come away with a better understanding of your condition and with some ideas that may be of help to you. I wish the author had said more about his own condition, what he has tried, what has and hasn't worked, and why he made the choices he did. Nevertheless, I found this book to be useful especially in providing a more nuanced view than that of my physician.

This easy to read and very concise book told me a lot about silent reflux, which I've apparently had for a few years, and thought it was allergies. Lots of information, and wonderful that I could download it and read it right on my computer or Kindle.

If you have LPR there is a good chance you feel very frustrated with what the medical community has to offer. This book does a fantastic job of taking all the data available and presenting it in a fashion that is easy to read while still keeping the nitty gritty details. In addition to the book the author maintains a blog that is regularly updated with new materials and information about LPR. I highly recommend this book.

So glad I got this: Complete, factual, well-documented and researched book about LPR, by a scientist who has the disease. Easy to read. Even-handed, providing all the information and medical approaches to date (2012), without being tendentious or giving advice. Though the book is three

years old, Lee has a blog to keep LPR sufferers up to date.

When I found out I had LPR I was scared and wanted to read all I could on the diagnosis. This little book gave me complete understanding of what LPR was and how I could handle it. The treatment I should follow and the diet for helping me to live with this. It's a great book for anyone who has silent reflux (as it is also called). Would recommend it to anyone who has a problem with acid reflux (gerd or silent reflux). It was very informative.

A very good, well-written account of LPR as it is understood today. Evidently, LPR is in its early stages as an explanation for symptoms which resemble GERD but do not include acid reflux. It appears to be overdiagnosed and hence overtreated. The tests for it range from invasive to very invasive, yet there are no accepted diagnostic markers and no agreement on treatment, which starts with drugs (especially PPIs like Prilosec, with terrifying side effects and possible lifelong dependence), and proceeds to surgery, though there are few adequate studies on the efficacy of these treatments. There is a discussion of diet but Lee points out that the advisors seem to just quote each other, ordering patients to stop: tobacco, chocolate, mint, alcohol, and acidic food or drink (which includes virtually all fruit and fruit juices, especially citrus, as well as tomatoes, vinegar, &c). They also implicate caffeine, though there is no evidence that caffeine has anything to do with dysphagia (coffee might, due to other ingredients). Incidentally, raising the head of your bed, or sleeping on your left side, recommended for sufferers from GERD, do not apply to LPRs, as LPR strikes during the daytime when the patient is upright, not at night when he is supine. As this entire disease is only recently (1997) discovered (or invented), little is known about its causes, diagnosis, or treatment. To learn where these stand today, this is the best (really, only) book available. Highly recommended - especially at the nominal Kindle price.

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