

喉咽反流處置之新進展

Laryngopharyngeal reflux disease (LPRD): An update

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Conceptual discrepancies exist between gastroenterology specialty and otolaryngology specialty, regarding management of extraesophageal reflux disease or laryngopharyngeal reflux. The major obstacles in this field include a lack of gold standard tests and lack of reliable data to support clinical response to anti-reflux treatments. With the advancement of reflux monitoring techniques, detection of supra-esophageal reflux may gradually become feasible in clinical settings, thus may be able to distinguish reflux from non-reflux etiologies in this heterogenous patient group who suffer from various chronic reflux-related respiratory symptoms. Using 3-pH-sensor or pharyngeal impedance-pH monitoring, we recently found that patients with suspected LPR and pathological reflux are more likely to respond to proton pump inhibitor therapy. Our findings support the importance of reflux monitoring and the therapeutic role of proton pump inhibitors in the management of this challenging patient population.