



**restech**  
Reflux Diagnosed



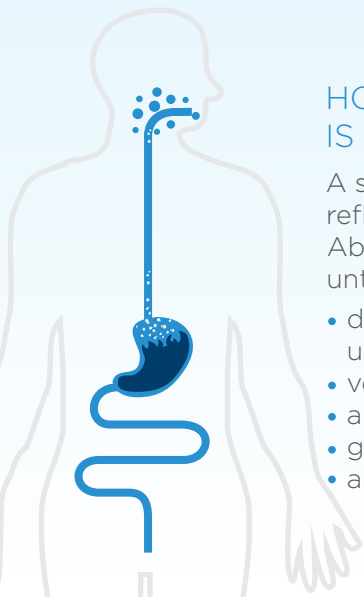
## ACID REFLUX: Is it causing my symptoms?

The stomach naturally produces acid to digest food. Sometimes this acid flows backwards into the esophagus. When this occurs frequently, it is called Gastroesophageal Reflux Disease (GERD), which commonly causes heartburn.

Acid can also make its way up the esophagus and into the throat, a condition called Laryngopharyngeal Reflux (LPR). LPR often occurs without heartburn, making it difficult to diagnose, and is often considered a “silent” disease.

### COMMON SYMPTOMS

- Hoarseness, especially in the morning
- Chronic throat clearing or persistent cough
- Chronic sore throat
- A feeling of something caught in the throat
- Excessive mucus/post-nasal drip
- Difficulty swallowing
- Restless sleep



## HOW SERIOUS IS REFLUX?

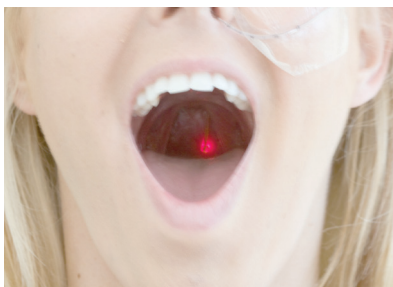
A small amount of reflux is normal. Abnormal amounts left untreated can lead to:

- damage to the throat, upper airway, and lungs;
- vocal cord nodules;
- airway narrowing;
- granulomas;
- and even cancer.

## RESTECH pH TEST

Your doctor may suggest a simple diagnostic test with the Restech pH System, which measures acid levels in your airway. A small, soft tube is placed through your nose until the tip is positioned in the back of the throat.

Patients tend to forget the probe is even in place, as it does not interfere with talking, eating,



or drinking. During the test period patients are encouraged to go about their day as usual (eat normal meals, go to work, and even exercise) while the Restech pH System tracks the frequency and severity of reflux episodes. A detailed report will help your doctor determine the best treatment plan, personalized for you.

**Ask your doctor if this test is right for you!**



For more information call:  
**800-352-1512**  
or visit us online at:  
**[www.restech.com](http://www.restech.com)**