

Meta:

6 Symptoms Of Acid Reflux - You Need to Know

Have you ever had heartburn from **acid reflux**? Well, did you know that there's another type of reflux? Silent acid reflux, also known as laryngopharyngeal reflux. It's similar to regular acid reflux, but instead of heartburn, it brings on different and host of other unexpected symptoms.

If you're noticing weird symptoms in your throat or having trouble breathing, especially get worse after eating, you might have silent reflux. Take a look at these symptoms of silent acid reflux to see if they match what you're experiencing!

Source: [Acid reflux, also known as heartburn, happens to almost everyone](#)

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Causes of Acid Reflux

When we eat, food travels from the throat down to the stomach through a tube called the esophagus. In the stomach, digestion begins. At the point where the esophagus meets the stomach, there's a muscle ring called a sphincter that should stay closed after food passes through to prevent stomach acid from flowing back up into the esophagus.

However, if this sphincter doesn't close properly, stomach acid can reflux back into the esophagus, reaching up to the throat and larynx.

Risk factors for developing Acid Reflux include:

- Alcohol and tobacco use

- Certain food choices like fried or spicy foods
- Wearing tight clothing around the abdomen
- Being overweight or obese
- Habits such as overeating or lying down immediately after eating

6 Symptoms of Acid Reflux Disease

Acid reflux symptoms typically don't include chest-burning symptoms. However, if such symptoms do occur, they include:

1. Hoarseness

The first symptom you may notice is inflammation in the throat. When stomach juices rise from the esophagus into the back of the throat, it can cause inflammation and affect the vocal cords, resulting in hoarseness.

2. Chronic cough or excessive throat-clearing

When your throat is inflamed, irritated, and has excess mucus, it often leads to a chronic cough as a result of silent reflux. Even if you're generally healthy, experiencing a cough can be a common **symptom of silent reflux disease**.

Even without typical heartburn symptoms, it can still cause throat inflammation due to the **“coming up”** of stomach juices. This inflammation frequently leads to excessive throat-clearing.

3. Feeling of a Lump in the Throat

People with silent reflux disease might experience a sensation of having a lump in their throat, as if they haven't swallowed properly. This feeling occurs because silent reflux can irritate the valve between the esophagus and the throat, causing it to become tense, which leads to the sensation of a lump.

4. Shortness Of Breath

Another symptom of silent acid reflux disease is shortness of breath. This strange might occur due to the damage it causes to the esophagus and throat, as well as its direct impact on the lungs in addition to the throat.

5. Post-Nasal Drip

This symptom of silent reflux often occurs due to a buildup of mucus. When silent acid reflux inflames the throat, it can cause mucus to drip back down the throat, resulting in what's known as a post-nasal drip.

6. Ear Infections

This symptom of silent reflux might seem strangest, and it's not as prevalent as the others, but it does occur, especially in children.

It can potentially trigger ear infections by sending gaseous reflux into the eustachian tube, which connects the ears to the airways. This reflux can cause inflammation in the ears, leading to an infection. Since children's eustachian tubes aren't fully developed, they are more susceptible to this issue.

More Information: Symptoms of silent acid reflux can be challenging as it can mimic asthma, allergies, or a cold. If symptoms persist or worsen after eating, it could indicate silent reflux disease. To find out more about managing it or to schedule a consultation with a reflux specialist!

Treatment Options for Acid Reflux

Managing Acid reflux symptoms is achievable, although it may require trying various methods to find relief for you.

Your doctor may recommend three things:

- At-home remedies
- Medication
- Dietary adjustments.

If symptoms persist despite home remedies, medication and lifestyle changes, surgery may be considered as an option.

1. At-home Remedies

At-home remedies using natural ingredients like aloe vera, turmeric, and licorice are most effective for managing silent acid reflux. These ingredients have:

Aloe vera: Known for its soothing qualities, it can help calm inflammation in the esophagus and stomach. Drinking aloe vera juice or consuming aloe vera gel may provide relief from symptoms such as heartburn and irritation.

Turmeric: Contains curcumin, which has anti-inflammatory and antioxidant properties. Adding turmeric to your diet, either by incorporating it into meals or taking turmeric

supplements, may help reduce inflammation in the digestive tract and alleviate symptoms of silent reflux.

Licorice: Particularly in its deglycyrrhizinated form (DGL), is valued for its ability to soothe the digestive tract. DGL licorice supplements or teas can help relieve symptoms such as acid reflux.

Incorporating these natural ingredients of [Cumargold](#) into your at-home remedies may provide relief from silent acid reflux symptoms.

2. Medication

Your doctor may suggest different types of medication depending on your health condition, medical history, and other medications you're taking.

- Proton-pump inhibitors (PPIs)
- H2 blockers
- Antacids
- Antibiotics

Both PPIs and H2 blockers can affect other medications because they reduce acid production. Always talk to your doctor before changing or starting any medication.

3. Dietary Adjustments.

Our laryngologists suggest specific dietary adjustments to minimize the likelihood of reflux, including:

- Weight loss
- Avoiding acid-producing foods like chocolate, fried foods, citrus fruits, spicy foods, and tomato-based products
- Don't eating at least two to three hours before bedtime
- Elevating the head during sleep

Surgery is rarely necessary, but your doctor may recommend it to make your esophageal sphincter stronger.

Conclusion

Understanding about Symptoms of silent acid reflux, you no longer have to endure silently. You're not alone in experiencing the need to clear your throat frequently—there's a reason behind it. You can overcome the challenges posed by silent reflux with greater ease. For

further information on silent reflux or if you suspect you are at risk, please consult with your doctor or a medical professional.