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Titolo	Laryngopharyngeal and gastroesophageal reflux : a comprehensive guide to diagnosis, treatment, and diet-based approaches // Craig H. Zalvan, editor
Pubbl/distr/stampa	Cham, Switzerland : , : Springer, , [2020] ©2020
ISBN	3-030-48890-X
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (XXVIII, 485 p. 94 illus., 87 illus. in color.)
Disciplina	616.324
Soggetti	Gastroesophageal reflux
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- Anatomy and Physiology -- LPR: Presentation, Physical Findings, Diagnostic Testing -- GERD: Presentation, Physical Findings, Diagnostic Testings -- Historical Treatments -- Western Treatments -- Plant Based Diet Approach to LPR and GERD -- Plant Based Diet Benefits -- Dining Out Guide -- Cooking Guideline -- Recipes -- Chegan Challenge with Guidelines -- Special Dietary Needs: Diabetes, Short Gut, Post-Surgical, Renal, Coumadin). .
Sommario/riassunto	This text comprehensively reviews the current state of the art in Laryngopharyngeal Reflux (LPR) together with a comprehensive explanation and description of the known gastroesophageal reflux (GERD) literature. With chapters written by experts from around the world, this text aims to deliver what is current in reflux recognition, diagnosis, reflux related complications, and the various treatment modalities. This is the first textbook to combine the most up to date knowledge of both LPR and GERD meant for both specialties and the general medicine population. Completely unique to the reflux literature is a section detailing the substantial benefits of a mostly plant based, Mediterranean style diet in the treatment of reflux disease. Encouraging patients to read and learn about diet and health is likely the most important step in improving their disease. The text provides direction to the caregiver on how to transition to a mostly plant-based diet. Review of myths, effects of diet in the setting of other disease states,

and dietary consequences are explained. Guidelines on how to transition diet, dining out while maintaining a plant-based diet, and how to wean off medication, such as PPI, are also provided.

Laryngopharyngeal and Gastroesophageal Reflux: A Comprehensive Guide to Diagnosis Treatment, and Diet-Based Approaches will provide the medical community with a resource to understand, teach, and provide the latest in LPR and GERD information to the caregiver and subsequently the patient. .
