ABSTRACT

**Introduction:** For many years the specialists, have been interested in gastroesophageal reflux. The aim of the work is to present our experience in the diagnosis and the treatment of laryngopharyngeal reflux.

**Material and methods:** We studied 60 patients (35 women and 25 men) aged 25 to 60 (average age – 43), with symptoms of reflux, hospitalized in ENT Department in the years 2010–2011. In all patients in ENT examination laryngitis were stated. Each patient was treated with 24-hour esophageal pH-impedance during gastrological consultation. In case of confirmed reflux disease proper diet and medication blocking the proton pomp were prescribed for a period of 3 months. The check-up included: patient interview, filling the questionnaire, ENT examination and gastrological consultation. The treatment was continued for the next 3 months with patients with sustaining problems of upper airway.

**Results:** Laryngopharyngeal reflux disease was confirmed in all examined patients. After 3 months over 80% patients finished the treatment, the other (13) patients finished their treatment after 6 months.

**Conclusions:** ENT and gastrological consultations with 24-hour esophageal pH-impedance help with successful diagnosis and curing the reflux disease.

**Słowa kluczowe:** refluks krtaniowo-gardłowy, 24-godzinna pH-metria impedancyjna przełyku, zapalenie krtani, dieta

**Key words:** Laryngopharyngeal reflux, 24-hour esophageal pH-impedance, Laryngitis, Diet