



Specialists in Reflux and Its Causes

Correctly diagnosing the cause of your symptoms is the single most important part of the treatment process. We'll listen to your description of your symptoms and then make an assessment of the tests we'll need to do in order to confirm the cause.

Many of the people we meet in clinic have already had a gastroscopy but often they have had no more than this. Whilst a correctly interpreted gastroscopy is important it is only one part of the diagnostic process. Often we will conduct breath tests and reflux studies (including impedance, Bravo and manometry) to get a complete understanding. From time to time we will also use more specific tests. You can follow the links on this page to learn more. We have built a network of clinicians around the country who are specialists in reflux testing.

Once we have your test results we will review your case at our Multi-disciplinary team meeting. This team brings together specialist reflux doctors and surgeons who will consider your case specifically to arrive at the optimal treatment plan for you. Specialist testing and interpretation of results are the reasons our patients enjoy first class outcomes.

The Reflux Treatment That Is Right for You

Once we have established the cause of your symptoms, we can get into the detail of your treatment options. It's likely that you will have researched some or all of the treatments available to you.

- If you have been suffering with your reflux symptoms for a long period, it is likely that you will have tried several remedies already. The first step is usually to make modifications to your diet. It is also likely that you will have had consultations with your GP or reflux consultants who might have prescribed medication. Millions of people in the UK are taking medication to treat their reflux, usually proton pump inhibitors (PPIs). These are effective for many patients but there remains a large minority, about 30%, for whom they don't work. There is also growing concern among patients and healthcare professionals about the effects of long term PPI use.
- At your surgeon consultation we will discuss diet changes and medical therapy but most of the people we see in clinic have exhausted these as possible treatments and are ready to explore surgery as a permanent treatment.
- Usually our patients are well informed about LINX and fundoplication. Even so, often there are important aspects of the procedures they have not considered and or may have misunderstood. This is why your surgeon consultation is so important. At consultation we will explain all of your treatment options in detail, including the pros and cons, how they compare and what we think may be the best fit with your circumstances.
- We will also discuss the new RefluxStop™ procedure at consultation.
- Ultimately the choice will be yours. Our aim is to place you in the best possible position to make that choice. On this page you will find links to all of the major surgical procedures. They will give you a good overview of each and at consultation we will drill down into more detail on each.

If you have any questions, please contact us.

help.myreflux@refluxuk.com or **02070 430 419**

We welcome them and a member of our team will be happy to help.

Registered Charity No. 1194327

Specialists in the Symptoms, Diagnosis and Treatment of **Reflux**



In Partnership with the



Caring for the cancer patient & their family





Reflux

We are the UK's largest specialist reflux clinic with centres across the UK.

We understand how reflux can impact on your health and day to day quality of life. Our mission is to help you understand the cause of the symptoms you are experiencing, and to treat them. We see people with traditional reflux symptoms, for example heartburn, and also those with LPR and SIBO, and specialise in surgical treatment.

Patients tell us that they chose RefluxUK because:

- We make use of the latest diagnostic tools
- Selected to be the UK's first RefluxStop™ centre
- We work with a team of doctors and surgeons who specialise in reflux
- We are the UK's most experienced LINX® centre
- We successfully treat traditional reflux and LPR
- No waiting times for treatment

What Is Reflux Disease - Explanation

Reflux is common, with up to 20% of the population experiencing regular symptoms. While for many these symptoms are controllable and relatively trivial, for others they can be debilitating. Over one and a half million people each year require long-term medication. Symptoms can differ between people.

It commonly causes persistent heartburn (pain behind the breast bone) and regurgitation of fluid and food into the throat and mouth; however, reflux can also manifest itself in various ways and changes from patient to patient. It is increasingly recognised that reflux causes less obvious 'non-intestinal' symptoms.

It is important to be able to recognise the symptoms of reflux disease in order to be able to assess the severity of your condition and identify the best treatment for you. We know that the assessment and treatment of reflux is not simple nor straightforward. In fact, it can be complex and difficult which is why we work as a team of multi-disciplinary specialists, working together for the best outcome for you.

Symptoms Can Include:

- **Chest pain**
Pressure, burning or tightness in the chest that can radiate to other connecting parts of the body.
- **Difficulty swallowing**
This can also include constant throat clearing or coughing.
- **Regurgitation**
Undigested food being cast up through the throat.
- **Husky voice**
Your tone of voice changing due to irritation in the throat.
- **Sore throat**
Irritation in the throat causing pain and discomfort.
- **Shortness of breath**
Difficulty breathing and a tightness in the chest.

- **Bad breath**
Consistent bad smelling breath despite the cleaning of teeth and general oral hygiene.
- **Asthma**
A narrowing of the airways which causes wheezing, trouble breathing and coughing fits.
- **Tooth decay**
The wearing down of the outer layer (enamel) of your teeth.
- **Heartburn**
A burning sensation in the chest area which worsens after eating and/or in the evening.
- **Chronic sinusitis**
A condition that interferes with the drainage of mucus which makes breathing through your nose difficult.
- **Gum disease**
The inflammation of the gums. Gums are red and swollen and cause pain when brushed.
- **Recurrent cough**
A persistent cough which lasts for a prolonged period of time.

