

GastroDoxs
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Burning throat / Laryngopharyngeal Irritation (LPR)

A Practical Guide For Patients

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Introduction: Burning Throat

Burning throat is a common symptom characterized by a warm, irritated, or burning sensation in the throat, often caused by acid reflux, infections, allergies, or throat irritation. It may be temporary or recurring and is frequently associated with conditions such as gastroesophageal reflux disease (GERD) or post-nasal drip. While it is usually not serious, persistent or worsening burning throat should be evaluated to rule out underlying conditions that may require treatment.



Key Takeaways

- Often caused by acid reflux, stomach acid irritation, or throat inflammation
- Commonly linked to GERD, infections, allergies, or post-nasal drip
- Can be temporary after eating certain foods or chronic if underlying reflux is present
- Relief often comes from dietary changes, avoiding trigger foods, and lifestyle adjustments such as not lying down after meals
- Persistent burning throat should be medically evaluated to rule out chronic reflux or other throat conditions

What Causes Burning Throat?

Known Causes

Burning throat can result from acid reflux (GERD), where stomach acid flows back into the esophagus and irritates the throat. It may also be caused by infections such as viral or bacterial throat infections, post-nasal drip from allergies or sinus issues, or irritation from smoking, pollution, or spicy foods. In some cases, frequent coughing, voice strain, or dryness can also contribute. Hormonal or lifestyle factors that increase acid production or weaken the lower esophageal sphincter may further worsen symptoms.



Common Signs & Symptoms

Symptoms of burning throat include a painful or irritated burning sensation in the throat, often worse after meals or when lying down. It may be accompanied by a sour or acidic taste in the mouth, hoarseness, frequent throat clearing, or a dry, scratchy feeling.

Core Symptoms Include:



- Burning or irritated sensation in the throat
- Throat tightness or discomfort, especially after eating
- Sour or acidic taste in the mouth
- Frequent throat clearing or mild hoarseness
- Occasional cough or dryness in the throat



Severe cases can also cause:

- Severe burning or pain in the throat, especially persistent or worsening over time
- Constant throat tightness, irritation, or sensation of swelling
- Nausea or acid regurgitation, sometimes with sour or bitter taste in the mouth
- Unexplained weight loss due to difficulty swallowing or chronic discomfort while eating
- Blood-tinged saliva or vomiting blood in severe irritation or esophageal damage

Diagnosis & Medical Testing

Diagnosis of burning throat involves a review of symptoms and medical history, including dietary habits and possible triggers such as acid reflux or infections. A physical examination of the throat may be performed to check for redness, irritation, or inflammation.

Diagnostic Tools

- **Physical exam:** Inspection of the throat to check for redness, irritation, inflammation, or signs of acid exposure
- **Laryngoscopy:** Used to examine the throat and vocal cords for irritation caused by acid reflux or chronic inflammation
- **pH monitoring tests:** Help detect acid reflux episodes reaching the throat (LPR/GERD-related burning)
- **Endoscopy (if needed):** Allows visualization of the esophagus and upper digestive tract to assess acid damage or other abnormalities
- **Allergy or trigger evaluation:** Helps identify environmental or dietary factors such as reflux triggers, post-nasal drip, or irritants contributing to symptoms



Diet

A burning throat–friendly diet focuses on reducing acid irritation and soothing the throat lining. It includes easily digestible, non-spicy foods and emphasizes smaller, frequent meals to prevent acid reflux. .

Key Insights

- Eat smaller, frequent meals to reduce acid buildup and throat irritation
- Avoid carbonated drinks as they can worsen acid reflux and burning sensation
- Limit gas-producing foods like beans, cabbage, and onions if they trigger reflux symptoms
- Reduce fatty and fried foods that can increase stomach acid production
- Increase water intake to keep the throat hydrated and reduce irritation
- Try probiotic-rich foods to support gut balance and improve digestion, which may help reduce reflux-related symptoms





Medications & Treatment Options

Treatment of burning throat depends on the underlying cause and may include antacids, H2 blockers, or proton pump inhibitors (PPIs) to reduce stomach acid in cases of acid reflux (GERD). If infection or inflammation is present, appropriate medications may be prescribed.

Treatment Options

- **Antacids / Acid reducers (PPIs, H2 blockers) –** Reduce stomach acid and help relieve burning sensation in the throat
- **Antihistamines –** Help if burning throat is related to post-nasal drip or allergies
- **Throat lozenges / soothing agents –** Provide temporary relief from irritation and dryness
- **Antibiotics (if infection is present) –** Used when bacterial throat infection is diagnosed
- **Anti-reflux medications and gut treatments –** Address underlying causes like GERD or digestive imbalance contributing to throat burning



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Advanced Therapies & Procedures

Chronic or severe burning throat may require advanced evaluation to identify persistent acid reflux (GERD/LPR), chronic infections, or structural issues in the throat or esophagus. This may include laryngoscopy, upper endoscopy, or 24-hour pH monitoring to assess acid exposure and throat damage. In some cases, imaging or specialist ENT evaluation may be needed to rule out more complex causes such as chronic inflammation or esophageal disorders. Treatment is then guided based on the underlying diagnosis.



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Coping With Burning Throat

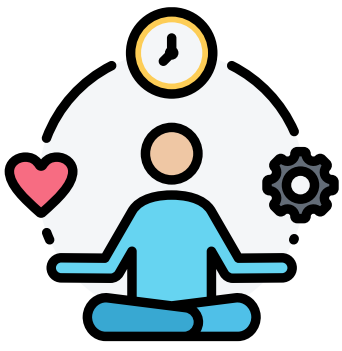
Coping strategies for burning throat include mindful eating by chewing food slowly and avoiding overeating to reduce acid reflux. Avoiding trigger foods such as spicy, acidic, fried, or caffeinated items can help minimize throat irritation.

Practical Strategies

- **Eat slowly and chew food thoroughly to reduce throat irritation and acid reflux**
- **Limit trigger foods and drinks such as spicy, acidic, caffeinated, and fried items**
- **Engage in light daily exercise to support digestion and overall gut health**
- **Manage stress with relaxation techniques such as deep breathing or meditation, as stress can worsen symptoms**
- **Keep a food and symptom journal to identify patterns and avoid triggers that cause burning throat episodes**







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FAQS About
Burning Throat



Q1: Is burning throat always caused by acid reflux?

A: No, it can also result from infections, allergies, post-nasal drip, or throat irritation from environmental factors.

Q2: When should I see a doctor for burning throat?

A: If it is persistent, severe, or accompanied by symptoms like difficulty swallowing, chronic cough, or unexplained weight loss.

Q3: Can acid-reducing medications help burning throat?

A: Yes, in many cases, antacids or acid-suppressing medications can help reduce symptoms caused by acid reflux.

Take Action

If you experience a burning throat, don't ignore it. Early diagnosis and treatment can help identify the underlying cause, such as acid reflux or throat irritation, and prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive and throat health effectively.

Visit GastroDoxs.com to schedule an appointment and access more resources on digestive health.



Your health matters—
take the next step today!

SCHEDULE AN APPOINTMENT

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