

UW Medicine

OTOLARYNGOLOGY
HEAD AND NECK SURGERY

Alginate Therapy

What is it?

Alginate is a non-prescription therapy designed to treat reflux. Alginates create a temporary raft barrier on the top of your stomach to decrease the reflux of stomach contents. Thus, alginates may be useful as a supplemental mechanism of action to acid suppression.

Esophageal Guardian

Product available on Amazon



Gaviscon Advance

Product available on Amazon



Reflux Gourmet

Product available: <https://refluxgourmet.com>



References:

Leiman et al. (2017): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6036656/>

Reimer et al. (2016): <https://pubmed.ncbi.nlm.nih.gov/2690988>

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Hydration

Why is hydration important?

1. The vocal folds are covered in mucosa which, when well hydrated, moves fluidly. If the vocal folds are dry and covered in sticky mucus it is more difficult for them to begin vibrating.
2. Mucus is irritating, tempting you to cough and throat clear which is damaging to the vocal folds.

Promote Hydration

1. Drink 8 glasses of water per day (64 – 80 oz)
2. Consider steaming 2x/day for 2-3 minutes. Consider a personal steamer.
3. Humidification: Cool or warm mist, especially at night, can be helpful.
4. Nasal saline rinses (ex. NeilMed® Sinus Rinse) to flush out allergens and reduce drainage
5. Lozenges – Try glycerin-based lozenges (ex. Sugar-free hard candies, Jolly Ranchers, LifeSavers)
6. Dry mouth products: Biotene gum (www.biotene.com, www.oasisdrymouth.com)



Preventing dehydration

1. Reduce caffeine and alcohol intake
2. Avoid menthol-cough drops or mouthwashes.
3. Medications (like antihistamines) can be drying. Drink plenty of water to balance out the effects.

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Why are virtual meetings a problem for your voice?

It is very difficult to monitor your level of loudness during virtual meetings. Many people experience considerable vocal strain after Zoom meetings.

What can you do?

Warm-up your voice – Gentle humming or lip trills can help warm up your vocal folds. Develop a warm-up routine before starting your daily meetings.

Stay Hydrated – Well-hydrated vocal folds vibrate more easily. Drink plenty of water. Eating hard candies can help hydration and soothe your throat. **Do not use cough drops.** They tend to dehydrate, especially those with menthol in them. Try using instead:

Jolly Ranchers: Hard candies that are tart tend to make more saliva. There are sugar-free options also.

Lakerol: Lakerol are glycerin-based lozenges that are soothing and non-drying to the throat. *Purchase at: www.amazon.com*



Take breaks – Schedule vocal breaks where you are completely silent for 5-10 minutes between meetings.

Single headphone or earplug – A single headphone in one ear or a single ear plug can help you monitor your loudness more easily.



Decibel meter – Consider downloading a phone app to monitor your loudness during meetings.

Audio interface

For those in many meetings throughout the day, investing in an audio interface may help you to hear yourself better. This helps regulate your loudness and vocal strain

Example: Focusrite Scarlett Solo USB Audio Interface



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