

Hoarse whisperers: Unmasking the vocal sabotage of silent reflux

ANCHOR LEDE

Today host Savannah Guthrie told the world last year about her bout with silent reflux.

The bad news: silent reflux is a pain.

The good news: it's not a *new* condition to memorize. Rather, it's an extension of typical reflux.

TAKE VO

OSF HealthCare surgeon Doctor Greg Ward says symptoms of silent reflux include a hoarse voice, a cough and even damage to teeth.

Treatment includes medicine or surgery to recreate the valve that's not working.

How to prevent reflux? For one, don't eat after 6 p.m.

SOT

Dr. Greg Ward

OSF HealthCare surgeon

"When you eat, your stomach releases acid to help digest. Some of it goes forward. Some of it goes back up, especially when you're laying down. If you're standing up and are moving around, you don't have the problem." (:20)

VO TAG

Other tips include exercising; sleeping on an incline; and avoiding excess fatty food, nicotine, caffeine and alcohol.

Untreated reflux can impact your breathing and swallowing and lead to a pre-cancerous condition.