

Now I only wear yoga pants uncoded transcript

Utt #	P or C	Content of Utterance	Code
1	P	Hello Ms. Fortune. I am Cindy. I am a health coach here in the clinic and I work with Dr. Jones. I understand that you saw her today and she encouraged you to talk with me. What is your understanding of that?	
2	C	Well, we have been working on this issue with a chronic cough for over a year. It's gotten worse. It really worries me now because it has started effecting my voice. And that really scares me. Right now she's treating me for silent reflux which I had never heard of and I was really surprised about that. I started on the medication about a month ago. I don't want to take it long term if I can. So I asked her if their we other things I could do that might help with that.	
3	P	Ok. Yeah. Sure You're looking for some things that you can do yourself and hopefully get off the pills long term but still help the healing and cut back on the symptoms.	
4	C	Yeah I am. I rely on my voice to make my living. I can't afford to have problems with it. So that is really important to me.	
5	P	Sure. So maybe you already know about silent reflux and how it effects your voice.	
6	C	The doctor explained that the acid normally used for digestion can back up into my throat and irritate the vocal chords and irritate the throat. It made sense when she told me about it. I had never thought about it before. Once she mentioned the symptoms and they matched what I was having I realized that I had probably been having some acid back up, particularly at night.	
7	P	So it started to make sense when you heard about your syptoms and matched them with your own and honestly started paying closer attention to it.	
8	C	Yeah... It did. And I'm like yeah that could be. And occasionally I'll even feel the acid coming up but mostly not. It's mostly irritating in the throat.	
9	P	Earlier you mentioned that you thought there were other things that you could do besides the medication to help. What have you heard about? What have you read about?	
10	C	I did go to a couple of good, I think they are trustworthy medical websites like WebMd to check it out. Of course, as with every other condition, weight loss is the primary, or one of the things to do. I guess they think weight loss is the magic pill or cureall for everything. I did notice when I lost some weight last year. The end of the year I was going on vacation to Hawaii and so I lost about 10 pounds and I think I noticed a difference. I wasn't' looking for these symptoms but it did seem to get better. Of course, in	

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		addition to the weight loss I didn't have any alcohol during that time as part of that weight loss effort and I think...I know I was reading online that the alcohol also effects it and makes it worse.	
11	P	Yeah. And so looking back, losing weight and cutting out alcohol really seemed to help for you. And you're right, both of those things we encourage people to do and see if it works with this condition, this silent reflux. You were ahead of the game and didn't even know it!	
12	C	Yeah.	
13	P	What else have you heard about?	
14	C	Elevating my head during the night which I started. I added a pillow which I guess I need to figure out more about that but I am working on it. . Not wearing clothes that are tight around the waist! So now I just only wear yoga pants. That eliminates, to not wear anything tight, about half my clothes because I am at the top of my weight. But the one that really got me was to cut out spicy foods. I have been eating them all my life and never had any problem. It just seemed like, oh, man, I am not giving that up. I just can't see that it's a problem for me anyway.	
15	P	I hear you talk and I just have to commend you for all of the steps you have already take. You went to credible websites to get information. You started trying things on your own. You reflected on what you have done in the past., the weight loss, the alcohol. It sounds like you are really determined and I can understand. It sounds like your voice is your livelihood. So I just want to commend you for your determination	
16	C	Thanks. I really do depend on my voice. I have to do what it takes to keep it.	
17	P	This is very critical for you.	
18	C	Yeah it is. And I've noticed with the coughing that it really happens a lot when I start to talk.	
19	P	So if we could get a handle on this. I do have some additional strategies. Would you be interested in hearing them?	
20	C	Yeah. Sure.	
21	P	In my experience, one of the most beneficial things for people to try is to not eating three hours before going to bed. And what that does is really give your digestive system some time to settle down, get into a more relaxed state, and reduce the acid. Again, not eating 3 hours before going to bed. What do you think about that as a possibility?	
22	C	Well, I think that I don't usually snack at night. We do try to eat at 6 and then go to bed around 9. So that seems pretty good at least on the routine days. That would be pretty good. Sometimes I have a glass of wine though while I am watching TV. Does that count?	
23	P	Yes, unfortunately wine, having that wine later does effect the	

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		whole process and what is happening it is extending the digestion, your body is digesting the wine. But then the wine itself relaxes that rubber band at the top of the stomach, the sphincter and that can make the acid sneak through and get up to throat more easily.	
24	C	Yeah. I know. Well I could stop having the wine after dinner. I can just switch back to tea. It is just extra calories anyway. But you know, most of the time I can do that but it would hard to make sure that I always have 3 hours because you know you have company. Like last night we had people over and you eat later. I thought maybe I could stay up later but you know I really have to guard my sleep. I can't give up sleep just to calm my digestion down.	
25	P	Sure. There's a number of things to balance. And you know if sounds like most of the time you are able to capture that 3 hour window and let the digestion settle down before you go to sleep.	
26	C	Yeah I guess if I don't expect myself to do it all of the time, it will probably work. At least I think I can work on that.	
27	P	Uh huh. Great. That's great. Well hey, I know we have covered a lot of ground today, talking about different information, exploring options of what you can do to help yourself heal . What are you thinking about doing going forward?	
28	C	Keep on doing what I am doing. Like taking the medication. And then working on keeping my head elevated at night. I am going to work on eliminating the wine after dinner or anything after dinner really. And trying to get the timing thing done, just making sure that I get that 3 hours in. And I guess I'll consider another weight loss effort again at some point. I know it would help with a lot of other things too.	
29	P	Sure. Sounds like a fantastic plan! It is right in line with what we recommend to people in your situation. So do you think it be helpful for me to check in with you when you return to see Dr. Jones in a few months?	
30	C	Yeah it would be helpful. And also, if you have some particular websites for information that you recommend, you know I want to keep exploring this on my own. I know there is a lot of whacky info out there. So if you have trusted sites or whatever that would be good.	
31	P	Yes, absolutely. We've got a lot of sites and resources. let me get the information for you right now. I'll bring it back in. And again, I want to appreciate the time you've taken to talk with me today. I can tell you are putting your health right at the center and I want to say keep it up. You're doing really good work!!	
32	C	Thanks. I appreciate that.	