

## The Reflux Symptom Index (RSI)

How do the following affect you on a scale from 0 to 5?	Date:	Date:	Date:	Date:
<b>0</b> NO PROBLEM <span style="margin-left: 100px;"><b>1</b></span> <span style="margin-left: 40px;"><b>2</b></span> <span style="margin-left: 40px;"><b>3</b></span> <span style="margin-left: 40px;"><b>4</b></span> <span style="margin-left: 40px;"><b>5</b></span> SEVERE PROBLEM				
Hoarseness or a problem with your voice				
Clearing your throat				
Excess throat mucus or postnasal drip				
Difficulty swallowing food, liquids, pills				
Coughing after you eat or after lying down				
Breathing difficulty or choking episodes				
Troublesome or annoying cough				
Sensation of a lump in your throat				
Heartburn, chest pain, or indigestion				
Kindly add the numbers up				

If you have an RSI score of 15 or greater, you have a 90% chance of having reflux by specialized reflux testing.

## The Glottal Closure Index (GCI)

Speaking takes extra effort				
Throat discomfort or pain after using your voice				
Vocal fatigue, voice weakens as you talk				
Vocal cracks or sounds different				
Kindly add the numbers up				

If your GCI is 8 or greater, you are likely to have vocal cords that are not closing properly from aging, atrophy, scarring, paresis, paralysis, or because of a vocal cord growth or some kind.

## Koufman Chronic Cough Index

Encircle "Yes" or "No" for all ten questions. "Sometimes" is a YES (no maybes).	Date:		Date:		Date:		Date:	
Do you awaken from a sound sleep coughing violently, with or without trouble breathing?	YES	NO	YES	NO	YES	NO	YES	NO
Do you have choking episodes when you cannot get enough air, gasping for air?	YES	NO	YES	NO	YES	NO	YES	NO
Do you usually cough when you lie down into the bed, or when you just lie down to rest?	YES	NO	YES	NO	YES	NO	YES	NO
Do you usually cough after meals or eating?	YES	NO	YES	NO	YES	NO	YES	NO
Do you cough when (or after) you bend over?	YES	NO	YES	NO	YES	NO	YES	NO
Do you more-or-less cough all day long?	NO	YES	NO	YES	NO	YES	NO	YES
Does change of temperature make you cough?	NO	YES	NO	YES	NO	YES	NO	YES
Does laughing or chuckling cause you to cough?	NO	YES	NO	YES	NO	YES	NO	YES
Do fumes (perfume, automobile fumes, burned toast, etc.) cause you to cough?	NO	YES	NO	YES	NO	YES	NO	YES
Does speaking, singing, or talking on the phone cause you to cough?	NO	YES	NO	YES	NO	YES	NO	YES
Write down the number circles in each column.								

R:N is your Reflux to Neurogenic Ratio

R : N

R : N

R : N

R : N