

# HAMILTON ALLERGY, ASTHMA & SINUS CENTER

Aslam Lateef, M.D., F.A.C.A.A.I., Board Certified in Allergy/Immunology  
Pediatric and Adult Allergy, Clinical Immunology and Associated Pulmonary Diseases

2333 Whitehorse-Mercerville Road, Suite G • Mercerville Professional Park • Hamilton, NJ 08619 • 609-584-9200 (main) • 609-584-9299 (fax)

## Reflux Symptom Index

*Patient name:* \_\_\_\_\_ , \_\_\_\_\_ *Today's date:* \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
(Last name) (First name)

**Within the last month, how did the following problems affect you?  
Circle the appropriate number that best applies to your symptoms.**

**0 = No Problem 5 = Severe Problem**

Hoarseness or a problem with your voice - 0 1 2 3 4 5

Clearing your throat - 0 1 2 3 4 5

Excess throat mucus or postnasal drip - 0 1 2 3 4 5

Difficulty swallowing food, liquids, or pills - 0 1 2 3 4 5

Coughing after you ate or after lying down - 0 1 2 3 4 5

Breathing difficulties or choking episodes - 0 1 2 3 4 5

Troublesome or annoying cough - 0 1 2 3 4 5

Sensations of something sticking in your throat or a lump in your throat -  
- 0 1 2 3 4 5

Heartburn, chest pain, indigestion, or stomach acid coming up -  
- 0 1 2 3 4 5

**TOTAL - \_\_\_\_\_**

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## The Koufman Chronic Cough Index (KCCI)

Is your main problem COUGH? **Yes / No** ; For how many years? \_\_\_\_\_.

When your cough began, did you have a respiratory infection, cold, the flu, or other illness?

**Yes / No** explain: \_\_\_\_\_ . (That indicates PVVN.)

Any chest x-ray in last 5 years? **Yes / No** ; Normal? **Yes / No** (If No – then we will order one).

Have you seen a pulmonologist (lung doctor)? **Yes / No** \_\_\_\_\_.

Are you on blood pressure medicines? **Yes / No** ; Is it an ACE inhibitor (can cause cough).

## The Chronic Cough Index (CCI)

<i>Please circle "Yes" or "No" for all ten questions (no maybes)</i>	R=Reflux	N=Neurogenic
Do you awaken from a sound sleep coughing violently, with or without trouble breathing?	YES	NO
Do you have choking episodes when you cannot get enough air, gasping for air?	YES	NO
Do you usually cough when you lie down into the bed, or when you just lie down to rest?	YES	NO
Do you usually cough after meals or eating?	YES	NO
Do you cough when (or after) you bend over?	YES	NO
Do you more-or-less cough all day long?	NO	YES
Does change of temperature make you cough?	NO	YES
Does laughing or chuckling cause you to cough?	NO	YES
Do fumes (perfume, automobile fumes, burned toast, etc.) cause you to cough?	NO	YES
Does speaking, singing, or talking on the phone cause you to cough?	NO	YES
<i>Every yes gets a point in its column</i> R _____   _____ N CCI		

Now, add the two columns to derive the Reflux-to-Neurogenic ratio (the two will always add up to 10.)

If your R:N ratio is 10:0 (or even 9:1 or 8:2), you most certainly have reflux as the primary cause of your cough. Conversely, if your R:N ratio is 0:10 (or even 1:9 or 2:8), you most certainly have a neurogenic cough. All other scores imply that you probably have both reflux-related and neurogenic cough. Remember, neurogenic means "relating to a nerve, the vagus nerve, in this case."

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## The Glottal Closure Index (GCI)

<i>How do the following affect you?</i>	0 = No problem      5 = Severe problem					
Speaking takes extra effort	0	1	2	3	4	5
Throat discomfort or pain after using your voice	0	1	2	3	4	5
Vocal fatigue, voice weakens as you talk	0	1	2	3	4	5
Voice cracks or sounds different	0	1	2	3	4	5
<i>Add up all the numbers you selected.</i>						

GCI

If your GCI is 8 or greater, you are likely to have vocal cords that are not closing properly.

This cannot be caused by reflux alone.

If you're a high GCI, it is likely that something has happened to one of both of your vagus nerves, and you should see a laryngologist, that's a ENT doctor who specializes in laryngeal and voice problems.

Meanwhile, if you do have a high GCI, you may have had a vagal neuropathy, that is, something that resulted in some degree of vagus nerve damage.