

Globus Pharyngeus

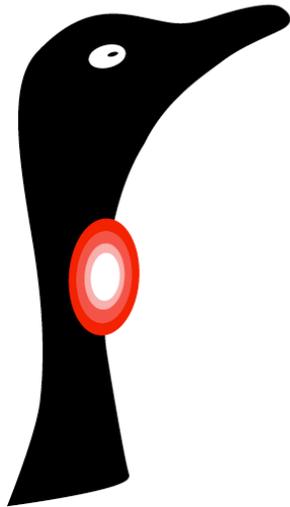
Patient information leaflet

Derriford Hospital
Derriford Road
Plymouth
PL6 8DH

Tel: 0845 155 8155
www.plymouthhospitals.nhs.uk

Introduction - What is Globus?

Globus pharyngeus is the term applied to the sensation of a lump or discomfort in the throat. This is a fairly common condition and represents about 4% of new referrals to an Ear, Nose and Throat specialist.



“This is what Globus Pharyngeus feels like - a lump in the throat, it’s always there you try and clear it and nothing happens, the feeling is still there they say it’s a sensation of a lump in the throat but it drives you mad, totally infuriating! I just wish it would go away”

What is the cause of Globus Pharyngeus?

The exact cause of Globus pharyngeus remains unknown. There are many theories as to why people develop this condition. Amongst the popular theories are acid reflux from the stomach, muscular tension of the throat and voice box (larynx), failure of the muscle at the top of the gullet (cricopharyngeus muscle) to relax and stress.

What makes Globus symptoms worse?

The discomfort or irritation in the throat can be made worse by repeatedly clearing the throat or the constant action of swallowing. Stress and anxiety seem to make the problem worse. Discomfort may be temporarily relieved by eating or drinking.

Is Globus Pharyngeus Related to Throat Cancer?

Globus pharyngeus is not related to throat cancer. The doctor makes the diagnosis of Globus Pharyngeus only after he or she have discussed the symptoms, examined the throat, neck and the voice box of the patient and excluded more serious problems like cancer. The Doctor may also request additional investigations in some patients.

What is the Treatment for Globus Pharyngeus?

Reassurance by the doctor, avoidance of stress, reducing repeated swallowing and throat clearing help with the symptoms. Your doctor may start you on medication to decrease the acid production from your stomach. The doctor may also refer you to a speech and language therapist to give you exercises to relax the muscle tension in the throat and larynx.

How Can Speech Therapy Help?

The Speech Therapist you will see specialises in treating voice and throat problems. She will see you in a small group with other people who have Globus or you can opt to be seen individually.

In the group session you will be shown a presentation about the nature of Globus and it will be fully explained.

You will be asked a few questions about how the Globus affects you and there is opportunity to talk about it with the other group members

We will then discuss strategies which are known to reduce or get rid of Globus.

These include improving hydration to the affected area, helping you to reduce any coughing, throat clearing or excessive swallowing and showing you how to control the actual sensation with a specific exercise.

For most people one or two sessions with the Voice therapist is all that is required.

Published research here in Plymouth has shown this treatment to be successful.

**This leaflet is available in large print and other formats and languages.
Contact: Patient Services
Tel. 01752 763031**

This leaflet was prepared by

Mr H S Khalil, MS, FRCS (ORL-HNS), MDMRCSLT, Consultant ENT Surgeon and
Mrs Melanie Hilton Pierce, Speech and Language Therapist, (Specialist in Voice)

Date issued:

For review:

Patient services details: