

## Globus Pharyngeus

### What is Globus Pharyngeus?

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.

### 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 Affects the Globus Symptoms?

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 has 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 of Globus Pharyngeus?

Reassurance by the doctor, avoidance of stress, 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.