

Globus Pharyngeus

Information for patients

This leaflet is not meant to replace the information discussed between you and your doctor, but can act as a starting point for such a discussion or as a useful reminder of the key points.

What is Globus Pharyngeus?

Globus is a feeling, as if you have a lump in your throat but there is no physical swallowing problem. Your throat and mouth may feel dry and tight, your voice may become hoarse, and swallowing may be more of an effort.

What causes Globus Pharyngeus?

This common problem is often the result of tension or stress, and may be linked with acid reflux from your stomach (which increases the tone of the throat muscles).

What can be done about it ?

The following steps can be tried at home.

1. Drink plenty of cool fluids. We advise around two litres (four pints) each day.
2. Stretch the back of your throat by yawning. Do this as often as you can.
3. Avoid clearing your throat, as this causes more tightness in your throat, does not get rid of the lump sensation, and aggravates the edges of your vocal cords. If you feel that you have some mucus to clear from your throat do not clear your throat, instead have a drink to wash it away or do a silent huff (a sharp exhalation with your mouth open) and a strong gulp to clear it.
4. Look carefully at your lifestyle to see how you can introduce some more relaxation into it, to help you unwind. Take up a relaxing hobby such as yoga, walking, meditation, or tai chi. Set aside time just to read, listen to music, or do something creative. Be prepared to delegate work and / or responsibility to others. Look at your symptoms and see when they become worse. Do you feel more tense at a certain time of day and / or does a certain situation make you more anxious?



5. Try the following exercises to stretch and relax the muscles in your head, neck, and shoulders. **Doing these exercises to slow quiet music can help.**
- Sit tall and let your shoulders and arms hang comfortably. Do not let your head poke forwards or loll backwards.
 - Lift your shoulders to your ears, hold this position to the count of six then drop them. Repeat three times.
 - Look over your left shoulder, hold this position. Repeat while looking over your right shoulder. Repeat three times.
 - Tilt your head down to your left shoulder, hold it for the count of three. Repeat, tilting towards your right shoulder. Repeat three times.
 - Drop your head down onto your chest, and **very** slowly and gently roll your head up to one shoulder. Open your mouth as you roll your head round to your other shoulder, and slowly back down onto your chest. Hold this position for a few seconds, then slowly raise your head. Repeat this exercise going round in the other direction.
 - Screw up your face and hands as tightly as you can, hold for six seconds, then relax.
6. Listen to a relaxation tape each night before you go to bed.
7. Taking an antacid can be helpful if you have acid reflux. Please speak to your GP if these symptoms continue.

Most people find that by following the above advice their symptoms slowly fade and stop being a problem. However, if after following the advice in this leaflet for six weeks your symptoms still continue, please contact your speech and language therapist or return to the ENT (Ear Nose and Throat) department for further advice.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation