



• The London Road Clinic •

Lump in the throat (globus pharyngeus)

Q I have a feeling of a lump in my throat – is this a problem?

A It is not unusual to experience the feeling of a lump in the throat from time to time. Typically the sensation will be felt in the middle of the neck and not be painful. Often the symptom will go away whilst you are eating or drinking and be more apparent between meals. You may find that the feeling is worse when you are stressed. It will usually settle down by itself but if it continues for more than a few weeks you should contact your family doctor.

Q What symptoms should I be concerned about?

A Persisting pain is a concern as is the feeling of earache in association with the feeling of a lump. Other symptoms to watch out for are true difficulty swallowing after food and drink and a change in your voice. If you can feel any new lump in your neck then it is important to seek medical advice from your general practitioner promptly.

Q Why do I have this feeling?

A Despite considerable research, the feeling of a lump in the throat (often referred to by doctors as globus pharyngeus) is poorly understood. It may arise because of an abnormal spasm in one of the muscles associated with swallowing. Reflux of acid from the stomach up into the throat may also cause an irritation. For some patients, drugs to alter the acid production in the stomach have proved helpful in improving their symptoms. Any prescription medications should only be tried on the advice of a medical practitioner.

Q Do I need to see an Ear, Nose and Throat (ENT) specialist?

A Once you have seen your family doctor and described your symptoms, he or she will decide if a specialist referral is needed.



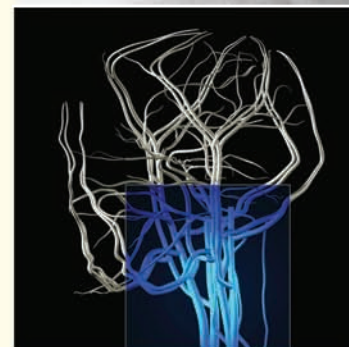
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• Tel: 0845 618 7077 or 0116 326 7777 •
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Q If I come to The London Road Clinic what will happen?

A The ENT doctor will ask you for a full account of your symptoms. The specialist will examine your neck, mouth and throat. The doctor may recommend an inspection of your throat using a small endoscope. This is a small flexible telescope that can be used in the clinic to view your voice box and the lower part of your throat to ensure that there is no serious disease causing your symptoms. This examination is often performed after your nose has been sprayed with a local anaesthetic to minimise any possible discomfort. Provided no abnormality is found it is unlikely that any other tests will be required.

Q Can I just book in to The London Road Clinic for this?

A You will need to see your GP first and ask him to refer you to The London Road Clinic. This will then tell us of any past or ongoing medical conditions which you may forget to mention during your consultation.



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