

## Patient Information

# Globus Sensation

*(Also known as Globus Pharyngeus)*

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## What is Globus Sensation?

Globus sensation is the feeling of a persistent or intermittent **lump, tightness, or something stuck in the throat**, when there is no actual blockage. It is a common and usually harmless condition.

People often describe it as:

- A "tight" or "constricted" feeling in the throat
- A sensation of mucus or a pill stuck
- A non-painful lump that does not interfere with eating or drinking

Although it can feel alarming, **globus sensation is not usually a sign of a serious medical problem.**

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## Common Symptoms

- Sensation of a lump in the throat, especially when swallowing saliva
  - Throat tightness that may come and go
  - Feeling the need to swallow repeatedly or clear the throat
  - Symptoms that improve when eating or drinking
  - No pain or difficulty swallowing solid food
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## What Causes Globus Sensation?

The exact cause is not always clear, but it is often linked to several contributing factors:

### 1. Muscle Tension or Throat Irritation

- Overuse of throat muscles (e.g. excessive throat clearing, coughing)
- Stress or anxiety causing muscle tightness in the neck and throat
- Voice overuse or strain

### 2. Laryngopharyngeal Reflux (LPR)



- Stomach acid rising up to the throat, causing inflammation and irritation

### 3. Postnasal Drip

- Mucus from the nose or sinuses dripping into the throat can create a 'stuck' feeling

### 4. Psychological Factors

- Stress, anxiety, and emotional tension can worsen the sensation

### 5. Other Factors

- Thyroid enlargement or neck muscle issues (rare)
- Previous throat surgery or trauma

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## How is Globus Sensation Diagnosed?

A diagnosis is usually made based on your symptoms and medical history. Your healthcare provider may:

- Examine your throat and neck
- Use a flexible camera (nasendoscopy) to check your throat and voice box
- Rule out other causes, such as reflux or infections

In most cases, **no serious cause is found**, and reassurance is a key part of treatment.

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## Management and Treatment

### Lifestyle and Self-Care

- **Stay hydrated:** Drink plenty of water
- **Avoid excessive throat clearing:** This can worsen the sensation
- **Reduce caffeine and alcohol:** These can irritate the throat
- **Practice relaxed throat breathing:** Helps reduce muscle tension
- **Eat regularly:** Eating often improves the sensation

### Vocal Hygiene Tips

- Avoid shouting or whispering
- Warm up your voice if using it professionally
- Take voice breaks throughout the day



## **Stress and Anxiety Management**

- Techniques such as deep breathing, mindfulness, or relaxation exercises can help
- In some cases, psychological support or therapy may be beneficial

## **Medical Treatment**

If reflux is suspected, your doctor may recommend:

- Proton pump inhibitors (PPIs) to reduce stomach acid
  - Antacids or alginate medications
  - Dietary adjustments to manage reflux symptoms
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## **When to Seek Medical Advice**

Although globus sensation is usually harmless, seek medical attention if you experience:

- Pain when swallowing
- Difficulty swallowing food or liquids
- Persistent hoarseness
- Unexplained weight loss
- Coughing up blood

These symptoms may indicate another underlying condition that needs further investigation.

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## **Summary**

Globus sensation is a common and usually benign condition. It may feel uncomfortable but is rarely a sign of anything serious. With simple lifestyle changes, reassurance, and management of contributing factors such as reflux or stress, symptoms often improve over time.