Dealing with Globus Hystericus

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also known as
The Fear of Swallowing
Globus Pharyngeus
Globus
Who are we?

Anxiety UK is the UK’s leading user-led anxiety disorders charity founded in 1970, which provides support, information & advice on anxiety, stress and anxiety based depression.
What do we do?

• We run a national informational line, live chat, email & text support services with over 20,000 annual support interactions.
• We’ve taken more than 12,000 calls and have over 7,500 subscribing members that access our support materials and quarterly publication.
• We raise awareness and have over 118,000 Twitter followers and over 20,000 on Facebook and more than 1,000,000 web site visitors annually
• Every year we also help over 600 people access CBT, counselling, clinical hypnotherapy and acupuncture therapy.
Anxiety is…

The feeling of unease or fear we get when faced with threatening or difficult situations. It is a normal and sometimes helpful emotion to experience.

HOWEVER...
If the anxiety becomes too strong or is there all the time, anxiety can become a long term condition or disorder.
What are we going to cover today?

- Symptoms of Globus
- Causes of Globus
- Treatment of Globus
Symptoms of Globus

- The most common symptom of globus is the feeling of a lump or a sensation of ‘pressure’ in the throat.
- Many people describe a feeling of tightness or constriction.
- Others may notice that they have the sensation most when swallowing saliva.
- May also find the feeling of a lump lessens when eating and drinking.
- These sensations can increase with stress and worry.
Causes

• The most common cause of globus is thought to be acid reflux from the stomach.
• Acid reflux interferes with how your swallowing muscles relax, leading to a tight or ‘globus’ sensation.
• Other possible causes of globus may include a postnasal drip, stress and tiredness
Treatment

For many people with globus, understanding the reasons for their symptoms may be all that is needed.

For others, various treatments may be suggested:
- treatment for acid reflux, including medicines and diet changes
- treatment for postnasal drip e.g. nasal spray
- treatment for stress, if this is a problem
What can I do to reduce the globus sensation?
You should be reassured there is nothing blocking your throat. There are lots of things you can do to help.

**Food and drink**
- Drink lots of liquids in a day – aim for one and a half to two litres of water per day.
- Drink water with meals to avoid swallowing anything too dry.
- Avoid coffee, too much alcohol, excessive amounts of tea and fizzy or acidic drinks.
- Drink water or diluted cordials.
What can I do to reduce the globus sensation?

Throat clearing
Stop throat clearing if possible. Instead, try doing an effortful swallow – drink something or try doing a big ‘sniff’ or blow out through pursed lips.

Medicines
Take any prescribed antacid medication regularly and at the correct times of the day. Do not suddenly stop taking them but discuss a gradual ‘step-down’ programme with your doctor.
What can I do to reduce the globus sensation?

Stress
• Stress in your life makes you tense and may increase the feeling of a ‘lump in your throat’. Try to relax by whatever means are realistic for you and your situation.
• If you are feeling tearful, but trying not to cry, you may also feel a ‘lump’ in your throat. This is normal. Allow yourself to cry – it should help to ease the sensation.
• Try to find a way, or someone, to help you deal with your stress and/or sadness.
What helps with anxiety?
What helps with anxiety?

Diet and exercise
Investing in self-care and “me time”
Writing a journal
Self help books
Peer support, Self-help groups
Therapy (Counselling, CBT, Clinical Hypnotherapy)
Medications
Mindfulness
Use the Headspace App
Anxiety UK Support

Therapy services: CBT, Counselling and Clinical Hypnotherapy
Self help resources: Books, CDs, Guides
Helpline Service: 03444 775 774
Email support: support@anxietyuk.org.uk