



Dealing with Globus Hystericus

Presenter: Dave Smithson
Services Manager, Anxiety UK



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?

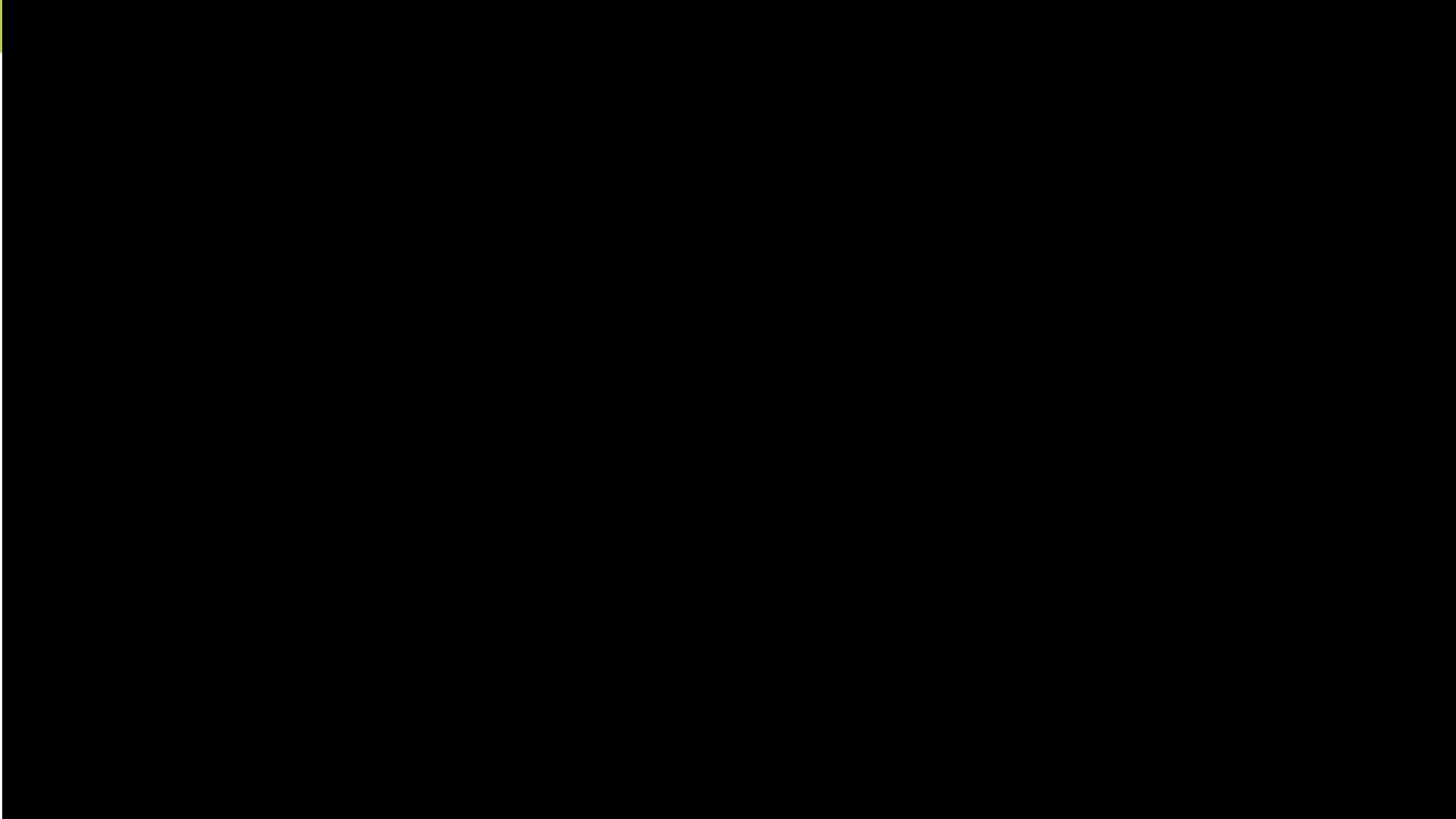
- We run a national informational line, live chat, email & text support services with over **20.000 annual support interactions.**
- We've taken more than **12,000** calls and have over **7.500** subscribing members that access our support materials and quarterly publication.
- We raise awareness and 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

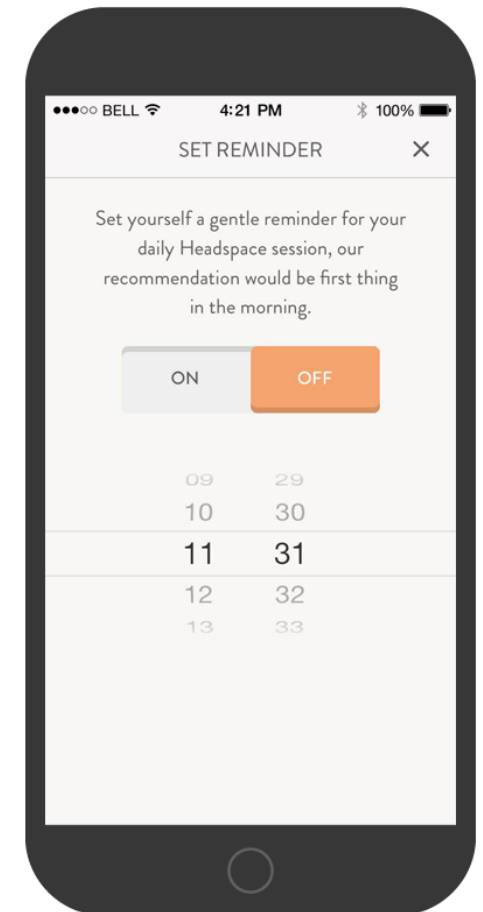
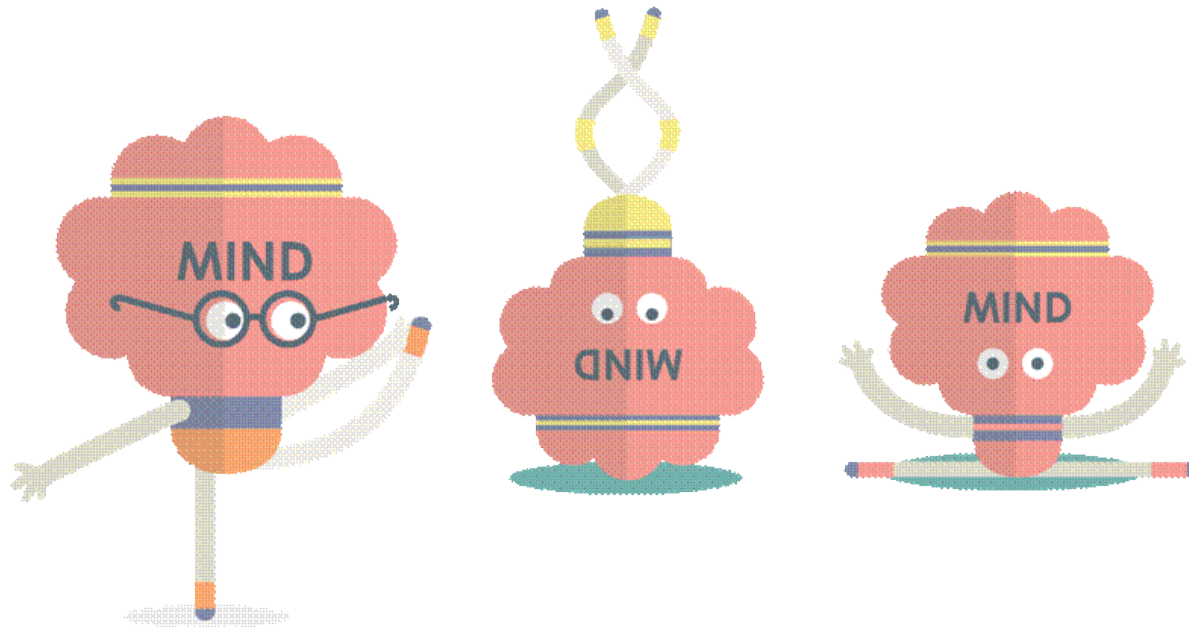


DO NOTHING
FOR 10 MINS

A graphic featuring a series of concentric, slightly offset geometric shapes (resembling a house or a stylized 'A') in the background. The text 'DO NOTHING FOR 10 MINS' is overlaid in a bold, sans-serif font. The entire graphic is set against a light grey background with black bars at the top and bottom.



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

