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A publication of SMMC - September 2018

## ***Globus Sensation***



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## Globus sensation

Globus sensation is the feeling of having a 'lump' in the throat.

Globus sensation is a persistent sensation of a lump in the throat. People report the lump as non-painful but often annoying.



Identifying and treating Globus sensation is not always easy, as there is a range of possible causes. These include stress and anxiety, in which case physical exam is normal.

## Who gets Globus sensation?

Globus sensation is a common condition. Reports indicate that Globus sensation accounts for approximately 4 percent of all new ear, nose, and throat (ENT) practice's referrals.

The condition is present equally in men and women. However, it is more likely for a woman to report the symptoms of the condition than men. Also, middle-aged people are more likely to report it than younger individuals.

## Causes of a lump in the throat

There are several potential causes of Globus sensation. In all cases, the causes will help define the necessary treatment.

Some of the most common causes include:

- Pharyngeal inflammatory conditions, like an infection of the tonsils, the throat, or infection of the Para nasal sinuses, with post nasal drip.
- Gastro esophageal reflux disease, acid from the stomach coming up. Treated with drugs that reduce acid production in the stomach.
- Psychological factors, such as stress or anxiety.
- Muscle tension in the region of the vocal cords, caused by an impaired voice technique. This can be treated by a speech therapist.
- Abnormal upper esophageal sphincter function.
- Rare tumors.
- Thyroid disease.

These conditions may cause an increased sensitivity in the throat and Globus sensation. The ENT doctor will investigate the mouth and throat. For this a flexible scope will be used, which will be introduced through the nose. This investigation is not painful, and will take only one minute. Treatment depends on the cause of the Globus sensation and in part of the cases reassurance will be given if nothing serious is found.

