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学位論文の題名	Relation between globus pharyngeus and OSA in patients examined simultaneously by PSG and pH monitor: a cross sectional study (咽喉異常感症と閉塞性睡眠時無呼吸との関係について : PSG と PH モニター同時検査による横断研究) Auris Nasus Larynx. (accept for publication)
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Abstract

Introduction: Globus pharyngeus is a poorly understood disease. It is commonly described as having a “lump in one’s throat”, with the persistent sensation of having phlegm or some other sort of obstruction in the throat even when none exists.

Objective: This was a first cross-sectional single-center study to research the relation between globus pharyngeus, OSA and GERD. Since previous clinical studies have demonstrated a relationship between globus pharyngeus and GERD, however, no reported study on the relation between globus pharyngeus, sleep disorders including OSA, and GERD.

Methods: Seventeen patients underwent general and otorhinolaryngological examinations and responded to several questionnaires (ESS, PSQI, HADS, and Globus pharyngeus VAS score) at their first visit, and underwent a gastroesophageal test for 24-h pH monitoring and in-laboratory PSG one to two months later.

Results: No significant differences were seen in ESS, PSQI, or HADS scores between the groups. The acid exposure time was not significantly different among the groups. The percentage of esophageal reflux time was higher than the percentage of laryngopharyngeal reflux time through the total time as well as the supine period. This indicated that GERD occurred more frequently than laryngopharyngeal reflux. The entire results showed concurrent OSA in 10 cases (59%) and concurrent GERD in 7 cases (41%). The cases with OSA were treated by CPAP or oral appliance, and those treatments were effective for globus pharyngeus.

Conclusion: Although the relation between OSA and globus pharyngeus is still controversial, these findings suggest that OSA may be a previously undetected cause of globus pharyngeus. By improving OSA, it may offer an additional option of treatment for those globus pharyngeus cases combined with OSA.

Keywords: globus pharyngeus, OSA, GERD, CPAP, PSG, pH monitor