

Irritable Larynx Syndrome

What is it?

- Irritable Larynx Syndrome is a group of symptoms, often associated with acid reflux or an illness, such as a cold or the flu. The illness goes away, the cough doesn't. Nothing seems to help the cough.

Sometimes the coughing can be severe and persistent, occurring many times in the day, and often in response to a specific triggering event such as strong odours, cold air or exercise.

What You May Feel

- The symptoms include: Cough for more than 2-3 weeks and the absence of an illness, dry scratchy throat, throat clearing, Post Nasal Drip, lump in throat, effortful swallowing and throat spasms (vocal cord dysfunction).

Treatment

- If you have stomach acid reflux, this will need to be treated.
- Constant throat clearing can perpetuate the irritation in the larynx
- Rest your voice as much as possible
- Stay hydrated
- Special breathing exercises can be quite helpful in returning your larynx to a normal state
- If you smoke, stop!

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.