



Retrograde cricopharyngeus dysfunction: inability to burp or belch.

This disease was recently discovered by Dr. B. Bastian, Voice Bastian Institute in Chicago. I was a fellow with him. He informed me about the procedure that I in the meantime have performed in several patients.

Please find underneath the information shared by Dr. B. Bastian.

The disease consists of different possible **components**:

- 1) inability to belch;
- 2) gurgling noises;
- 3) some pattern of pain/discomfort in low neck, chest, or abdomen, often with abdominal bloating;
- 4) excessive flatulence.

Some also find it hard to throw up. Most people have had this syndrome lifelong but they may have become more aware of it in puberty .

If the symptoms have been long term (or at least a few years) there is no need for other workup besides what can be done in an office setting. That is, we begin with a consultation of course, and then an in-office neurological examination and laryngostroboscopic **examination**.

It is not necessary to do more testing than this for two primary reasons:

- 1) Many patients have had an abundance of testing elsewhere but still did not receive the diagnosis.
- 2) All of Dr. Bastian's patients who were diagnosed more simply as just described have responded to the "diagnostic test" of botox injection just as well as those who had undergone major testing elsewhere. Keep in mind that additional testing would be necessary if the inability to belch were of recent onset.

If the diagnosis is confirmed in this way, the **treatment** consists of botulinum toxin injection into the cricopharyngeus muscle (also known as upper esophageal sphincter). This procedure is performed under general anesthesia and in one day surgery.

Relief generally begins about 24 to 48 hours later. Routinely, patients describe the benefit as dramatic and some even use terms like "life-changing." As the Botox begins to wear off beginning about six weeks later, patients step up their "practice" belching, using carbonated water. In this way, many seem to keep the ability long after the Botox has worn off. Said another way, a single injection seems to provide permanent benefit in many but unfortunately not all.

The procedure is performed in AZ delta Roeselare by Dr. L. Delsupehe.
You can call for an appointment tel 0032 51 237022

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