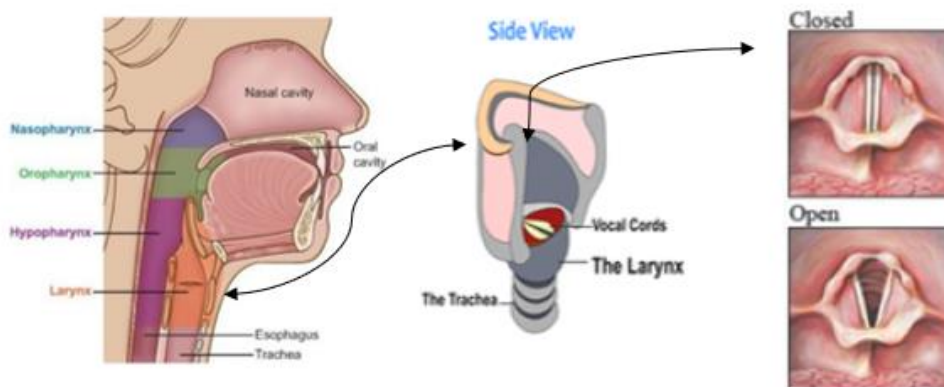


PATIENT INFORMATION

Inducible Laryngeal Obstruction (ILO)

What is ILO

ILO occurs when the vocal cords or structures in the voice box close or narrow when breathing in rather than remaining open. If they partially close it can make a person feel breathless and if they close totally a person may feel like they cannot breathe in at all. People with ILO often report a choking sensation.



Symptoms of ILO

Symptoms of ILO can vary from person to person. Individuals may experience a single or numerous symptoms and the severity of these may vary.

Less severe	More severe
Cough	Noisy Breathing
Hoarse voice	Choking sensation
Sensation of mucus	Unable to talk
Breathlessness	Anxiety or panic

ILO Vs Asthma

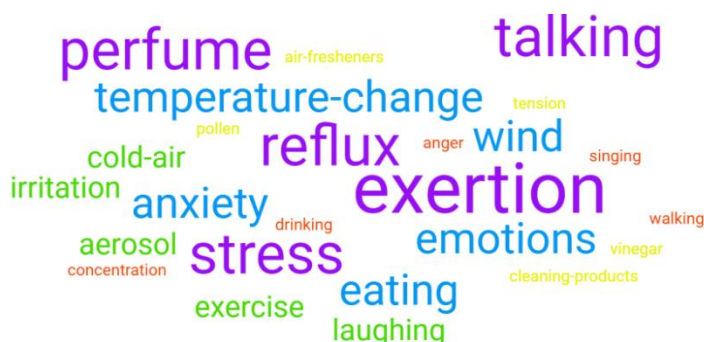
ILO is often confused with asthma, however, there are some key differences. It is important that ILO is diagnosed by a professional before any changes to medication are made. Frequently, both conditions can exist side by side.

	ILO	Asthma
Onset	Sudden	A few minutes
Difficulty with	Breathing in	Breathing out
Tightness in	Throat	Chest
Inhalers	Usually don't work or make it worse	Improve symptoms

ILO Triggers

Many things can trigger ILO, identifying your triggers is often one of the first steps in therapy. Once you know your triggers, you may be able to notice 'early warning signs' that ILO is about to occur. People may have one or several triggers:

- **Irritants/ environmental factors**, i.e. smells, temperature change, etc.
- **Physical factors**, i.e. exertion, talking, eating, reflux etc.
- **Psychosocial factors**, i.e. stress, anxiety, etc.



How is ILO diagnosed?

First, your respiratory physician should rule in or out any organic respiratory explanations for your breathlessness. Then a speech and language therapist will observe your voice box when ILO symptoms are occurring. This is done by conducting a nasendoscopy (see separate leaflet).

What can a speech and language therapist do to help?

The first step in therapy is to diagnose ILO. This is done through working with a multidisciplinary team, i.e. Respiratory doctors, ENT doctors, Physiotherapists, nurses etc.

Once is diagnosed you will work with a SLT to:

1. understand **how your voice box works**.
2. Understand **patterns** & notice early warning signs of symptoms.
3. Identify ways to improve **throat health**.
4. Learn exercises to **release tension** in the throat.
5. Learn **emergency breathing techniques** to overcome symptoms.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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