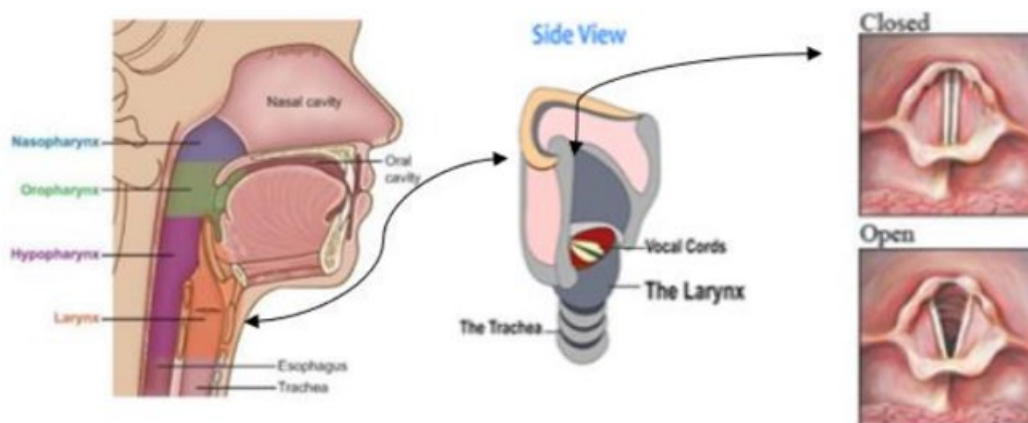


Patient information

Inducible laryngeal obstruction

What is ILO?

ILO (also known as laryngospasm) is a throat disorder that affects breathing. It occurs when the vocal cords or structures in the larynx (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 completely a person may feel like they cannot breathe at all. People with ILO often report a choking sensation.



Symptoms of ILO

Symptoms can vary from person to person. Individuals may experience a single or several symptoms, and the severity 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. Frequently, both conditions can exist side by side.

Trait	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 the first step in therapy. Once you know your triggers, you may be able to notice early “warning signs” that ILO is about to occur. This can be a sign for when to practice ILO breath control exercises. People may have one or several triggers.

The most common ILO triggers are:

- **Irritants/environmental factors**, e.g., smells, temperature, change, aerosol spray
- **Physical factors**, e.g., exercise, talking, laughing, eating, reflux
- **Psychosocial factors**, e.g., stress, anxiety.

Follow this link to a useful video resource that demonstrates cough suppression techniques:

[Breathing exercises: Northumbria Healthcare NHS Foundation Trust](#)

Adapted from Northumbria Healthcare NHS Foundation Trust Website

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