

1. Relevant clinical features of patients with vocal cord dysfunction*

Symptoms (episodic)

- Sudden-onset dyspnoea
- Throat or neck tightness
- Choking sensation
- Dry cough
- Difficulty breathing in rather than out
- Light-headedness
- Perioral and/or extremity paraesthesia

Signs

- Tachypnoea
- Stridor
- Wheeze
- Neck or chest retractions
- Dysphonia
- Pallor but no cyanosis
- Maintenance of oxygen saturation
- Lack of response to bronchodilators or other asthma therapy

Risk factors

- Gastro-oesophageal reflux disease
- Upper airway inflammation (e.g. rhinitis, chronic sinusitis)
- Emotional distress or previous traumatic events
- Psychological condition
- Female sex
- Being a competitive athlete
- Exposure to airborne irritants

* Adapted from Hoyte FCL. Vocal cord dysfunction.