"You Say Potato, I Say Potato": Time for Consensus in Exercise-induced Laryngeal Obstruction?
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What is This?
Laryngeal Obstruction?

You Say Potato, I Say Potato: Time for Consensus in Exercise-induced Laryngeal Obstruction?

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We were delighted to see the excellent report in the journal by Sidell and colleagues1 highlighting the importance of exercise-induced laryngeal obstruction (EIO) as a key differential diagnosis for respiratory symptoms in young individuals.

Their report is in keeping with the prior published work2-4 and acts to strengthen the data, underpinning both diagnostic and therapeutic options in this important condition. Moreover, the work adds to the literature, by indicating that exercise laryngoscopy is easily performed and well tolerated in young individuals (ie, in those aged under 15 years).2

To date, the field of exercise laryngoscopy has been dogged by a complicated and oft overlapping nomenclature. To this end, a great number of terms have been employed to effectively describe the larynx closing during exercise. The same is true of test methodologies employed. This undoubtedly clouds methodological comparison and can confuse clinicians wishing to perform the procedure and inform treatment strategies.

The current study,1 unfortunately, now adds to the bank of available nomenclature; namely, continuous laryngoscopy during exercise (CLE)3 is described as exercise stress laryngoscopy (ELS). It is acknowledged that the latter may differ, in part, from other work in the literature,2-4 but adaptations might be best described with the term modified or adapted rather than with additional terminology.

Guidance on terminology is in process from an European Respiratory Society/European Laryngological Society–led task force; however, we would encourage globally accepted “consensus-obtained” nomenclature to be adopted for future work in this field to ensure that we facilitate interpretation of findings and perhaps most importantly to highlight the fact that in this field of research we are all speaking the same language.

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