



Zenker's Diverticulum

What Is Zenker's Diverticulum?

The Zenker's diverticulum is also known as **pharyngoesophageal diverticulum**. Diverticulum is an out pouching of a part of a body. This out pouching can be fluid-filled in characteristic. The condition is not to be taken lightly as this present severe complication. It has been reported that this condition was described thoroughly by Dr. Friedrich Zenker in 1877 and was sought to be acceptable rather than the previous descriptions of the disease. Ever since, his name was coined with the disease condition.

This condition is said to be common or quite a number were noted in the northern Europe. This is a rare condition in Asian heritages. The prevalence rate is said to be in the case-population ratio 2:100,000 people. It is also reported that men are more affected than women and that the elders are also much affected than the young ones.

Zenker's Diverticulum Location

Zenker's diverticulum is said to be located at the pharyngeal mucosa or simply in our pharynx but specifically above the cricopharyngeal muscle. To be more exact and clear, it is above the sphincter of our esophagus. There are reports that the muscle may have some spasm problems in order for it to develop to such.

Symptoms

The Zenker's Diverticulum has a number of symptoms and it is nearly disabling to the affected. It has been noted that the sufferers are to experience such symptoms for months and even years. The following are the said manifestations of this condition:

1. Food usually comes back up from to the mouth after hours of eating.
2. Difficulty of swallowing the food is a common manifestation. This is medically termed as dysphagia.
3. There is a sensation that food is seemed to be stuck in the throat. There is a choking feeling.
4. Tendency of the client is coughing up after eating.
5. He client may suffer from weight loss.
6. Bad breath or halitosis is noted.
7. Some note distinct noises in the neck.

Zenker's Diverticulum Causes

The cause of Zenker's diverticulum is said idiopathic or from an unknown cause. The out pouching of the affected area is not believed to be non-hereditary. There are some pointers that the condition has started from an underlying esophageal problem. There have been uncertain beliefs from the root cause of Zenker's diverticulum. Nothing has been helpful in supporting such diagnosis. But others noted that factors such as these influence the development of Zenker's diverticulum:

1. Abnormality of the cricopharyngeal muscle and upper esophageal sphincter.
2. The elastic capability of the cricopharyngeal muscle has been altered or lost.
3. There has been an injury rendered at the central nervous system.

Diet for Zenker's Diverticulum

Diet for Zenker's diverticulum is important as this is usually altered when one is suffering from such condition. As the person has difficulty swallowing food and even has a tendency to choke, the following are recommended for them after a surgical procedure:

1. Intake of soft foods.
2. It is recommended that the person shall eat or chew ice chips in order to relieve swelling and avoid the bleeding tendency of the patient.
3. Provide high protein foods such as fish, meat and chicken.
4. One should avoid high carbonated drinks or any form of drink that can damage the incision on the surgical intervention. Thick liquids are example of such. Chewing of gums is also prohibited.
5. Remember that introduction of food to client post surgery should be gradual.

Pain Control

You are likely to experience a mild to moderate sore throat for several days following surgery. Pain may also be referred to the ears. Don't be alarmed if you experience earaches during the first 1-2 weeks after surgery. The throat and ear pain is usually well controlled with prescription strength oral pain medications

Activity: No heavy lifting or straining for 1 week following surgery

Please call our office (910) 323-9222 immediately if you experience:

- Difficulty Breathing
- Chest or neck pain
- Coughing up or Vomiting blood
- Fever greater than 101