

What is FEESST?

FEESST is the state of the art non-radiographic alternative to modified barium swallow studies. This exam will allow for direct assessment of the motor and sensory aspects of the swallow in order to precisely guide the dietary and behavioral management of patients with swallowing problems to decrease the probability of coughing, choking and aspiration.

FEESST allows for assessment of velopharyngeal closure, anatomy of the base of the tongue and hypopharynx, abduction and adduction of the vocal folds, pharyngeal musculature and the patient's ability to handle his/her own secretions.

FEESST also allows evaluation of extra-esophageal manifestations of gastroesophageal reflux including laryngopharyngeal reflux(LPR), cough, hoarseness, laryngitis, globus, aspiration and asthma.

Who is a candidate for FEESST?

- Patients experiencing difficulty swallowing, throat clearing, coughing/choking during meals or laryngopharyngeal reflux.
- Patients with trouble swallowing their own saliva, food or medication.
- Patients with a history of upper respiratory infections, unexplained fevers, pneumonia or asthma.
- Patients with a history of swallowing difficulty with an underlying diagnosis of Parkinson's, Cerebral Palsy, Multiple Sclerosis, ALS, dementia or stroke.
- Patients having a tracheotomy who might be able to tolerate oral feedings or a diet upgrade.
- Patients receiving nutrition via G-tube or NGT with the possibility of improved function and ability to tolerate oral feedings.

How is FEESST performed?

FEESST is a dynamic study of a patient's ability to swallow, which takes approximately 5-10 minutes. It involves the passage of a thin, flexible fiberoptic telescope via the nose to the pharynx.

The pharyngeal squeeze is assessed during forceful adduction of the vocal folds. Laryngopharyngeal sensation and airway protection ability are determined.

A comprehensive swallowing evaluation is performed. The patient is given a variety of food consistencies containing green food coloring to enhance visualization.

Compensatory postures and strategies are attempted when indicated to facilitate improve swallowing function and eliminate aspiration.



Benefits of FEESST

- Outpatient procedure
- Non-radiographic alternative to modified barium swallow studies.
- Safe, with minimal discomfort, if any.
- Immediate results including dietary recommendations.
- No pre-procedure preparation.
- No companion needed.
- Cost effective.

Flexible Endoscopic Evaluation of Swallowing with Sensory Testing

For more information regarding
FEESST please contact:

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FEESST

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**Physician and Patient
Information**