

# A Curious Case of Dysphagia Due to Osteophytes

## Um Curioso Caso de Disfagia Causada por Osteófitos



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**Keywords:** Cervical Vertebrae; Deglutition Disorders; Osteophyte  
**Palavras-chave:** Osteófito; Perturbações da Deglutição; Vértebras Cervicais

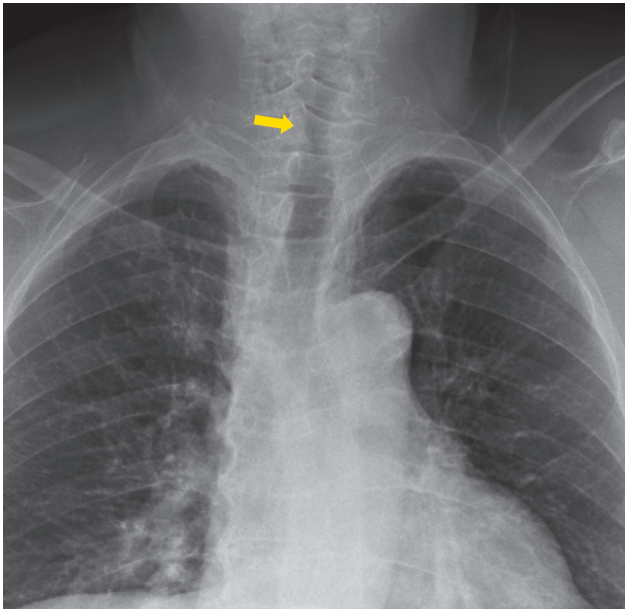


Figure 1 – Posteroanterior chest radiograph revealing a tracheal stricture (arrow)

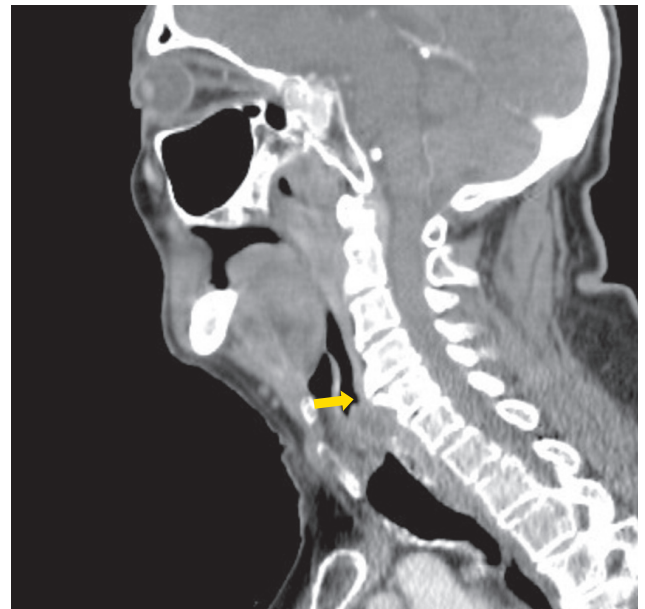


Figure 2 – Contrast-enhanced neck computed tomography with marked anterior osteophytes in the C4-C5 vertebrae (arrow)

An 80-year-old male with Parkinson's disease and partially dependent on activities of daily living (Barthel index 45) was admitted due to a first episode of community-acquired pneumonia. He also complained of long-lasting difficulty in swallowing, which his attending physician attributed to neurogenic dysphagia. Upon closer evaluation, the patient mentioned non-acute onset dysphagia, initially for liquids but now mainly affecting solid foods. The difficulty in swallowing solids was progressive, intermittent, and well-localized to his lower neck. The chest-radiograph revealed a tracheal stricture (Fig. 1), prompting a neck computed tomography that showed an exuberant anterior osteophyte in the C4-C5 vertebrae with soft-tissue and tracheal compression (Fig. 2). The barium esophagram revealed delayed but maintained contrast progression. Although spinal osteophytes are common, occurring in one in every five elderly patients, less than 1% of osteophytes lead to dysphagia.<sup>1-5</sup> This case illustrates how a thorough investigation is essen-

tial to evaluate the cause of dysphagia. The patient is currently being managed through a conservative approach due to personal preference.

### AUTHORS CONTRIBUTION

SM: Draft of the paper. Data interpretation. Evaluation of the patient. Responsible for the intellectual integrity of the paper.

BC: Evaluation of the patient. Data interpretation. Critical review. Responsible for the intellectual integrity of the paper.

LC: Contribution to the design of the work. Data interpretation. Critical review. Responsible for the intellectual integrity of the paper.

### PROTECTION OF HUMANS AND ANIMALS

The authors declare that the procedures were followed according to the regulations established by the Clinical Research and Ethics Committee and to the 2013 Helsinki

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Declaration of the World Medical Association.

#### DATA CONFIDENTIALITY

The authors declare having followed the protocols in use at their working center regarding patients' data publication.

#### PATIENT CONSENT

Obtained.

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#### COMPETING INTERESTS

The authors have declared that no competing interests exist.

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