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Swallowing a gummy without chewing presenting as a symptom of steakhouse syndrome

Short title: Steakhouse syndrome induced by gummy swallowing

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Author contributions

Koichi Soga: Conceptualization, data curation, formal analysis, investigation, methodology, project administration, resources, supervision, validation, visualization, and writing the original draft.

Koichi Soga: Review and editing.

Address where the work was performed

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Competing interests

The authors declare that they have no conflicts of interest.

Informed Consent Statement

Informed consent was obtained from all subjects involved in the report.

Keywords: Esophageal ulcer. Food impaction. Gummy. Steakhouse syndrome.

Dear Editor,

A 30-year-old healthy woman suddenly developed uncontrollable chest oppression in the mid-chest; cardiovascular abnormalities were suspected. She visited a clinic, which found no abnormalities 11 days prior to esophagoduodenoscopy. As the chest oppression did not improve, she visited another clinic 10 days prior and was suspicious of reflux esophagitis. On the same day, although the severe chest oppression had disappeared suddenly, she complained of chest discomfort continuously. Esophagoduodenoscopy showed paired ulcerated lesions covered by a thick white coating in the upper esophagus (**Fig. 1A**). With air insufflation by endoscopy, extra-tracheal and aortic compression toward the esophagus was obvious in the 10 o'clock direction (**Fig.**

1B). She told after esophagoduodenoscopy that she had swallowed a gummy bear without biting it accidentally 13 days prior and felt severe chest discomfort thereafter.

Esophageal food impaction, known as “steakhouse syndrome,” is a condition in which food is consumed too fast and remains stuck in the esophagus. This disease can be confused with acute coronary syndrome because the patient may complain of pain behind the sternum [**1**]. Gummies are made mostly of corn syrup, sucrose, gelatin, starch, and water [**2**]. Choking risks are higher with gummies; research shows that hard, round foods with high elasticity or lubricity properties, or both, pose a significant level of risk, especially to children under 3 years of age [**3**]. Generally, to avoid food impaction, it is important to eat slowly and chew all food thoroughly before swallowing or to take in a smaller amount of food per bite.

Key words

Esophageal ulcer; Food impaction; Gummy; Steakhouse syndrome

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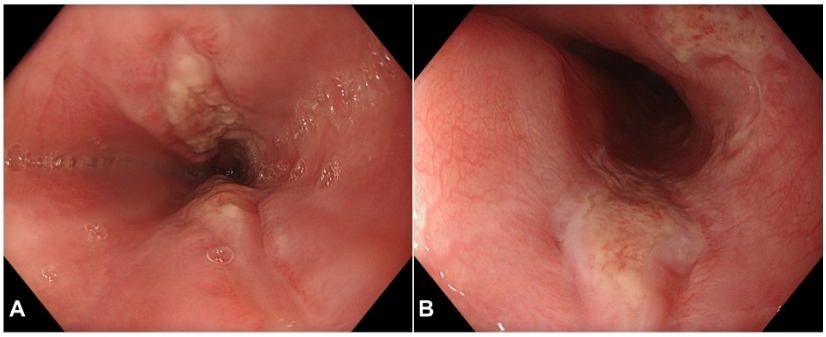

Figure 1

Esophagoduodenoscopy (EGD) shows paired ulcerated lesions covered by a thick white coating in the upper esophagus, 11 days after the onset of severe chest oppression (**A**). Air insufflation in the esophagus by endoscopy shows obvious extra-tracheal and aortic compression toward the esophagus in the 10 o'clock direction (**B**).