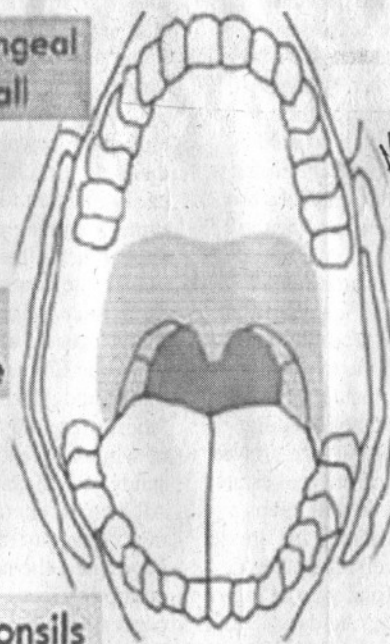


Pharyngeal Wall

Soft Palate

Tonsils



Health Nation 26-10-03

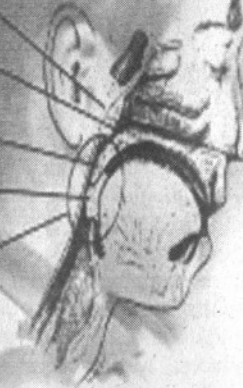
Adenoids

Soft palate

Uvula

Tonsil

Collapsible airway



A common discomfort

DR HABIB AHMED BHATTI & DR NOOR MUHAMMAD write about the symptoms and treatment of tonsillitis

the palatine tonsils are the pair of lymphoid tissue on both sides of the throat. These help in protecting the respiratory and intestinal tracts from germs and are thus prone to frequent attacks of infection.

Tonsillitis is of two types. One is Acute (Sudden in on set) and the other is Chronic (since long time). It is frequently seen in

children as well as young population.

Causes

It may occur as an infection (germs) of the tonsils itself are may occur as a result of infection of the nose and paranasal sinuses. Common germs which cause this disease include haemolytic streptococcus, staphylococcus, haemophilus influenza. Viruses also cause this disease. Poor oral dental

hygiene, poor nourishment, thickly populated surrounding are important pre-disposing factors for this disease.

Symptoms & Signs

1. Acute:

Patient presents with discomfort in the throat, difficulty in swallowing (taking food) and body symptoms like aches, pain and fever.

2. Chronic:

Symptoms and signs include

discomfort in the throat (repeated attacks of sore throat), unpleasant taste and bad smell in mouth. Sometimes there occur change in voice. On examination the tonsil may appear enlarged, protruding out inside the throat. These are red and puss may come out from them.

Diagnosis:

Diagnosis is based on history of repeated attacks of sore throat associated with difficulty of

swallowing in discomfort. When these symptoms are associated with enlarged tonsil, hyperemic epithelium inside the throat, diagnosis of chronic tonsillitis is very obvious.

On investigation we may get help from throat swab for culture of the germs and Asotiter of blood.

Complications:

When tonsillitis is accompanied with adenoids (nasal tonsils) this may cause ear diseases like deafness (decreased hearing), ear discharge etc. Heart problems like valvular incompetency, heart failure and swelling of whole of the body. Joint complications like arthritis.

Treatment:

As already mentioned, the infection of the nose and paranasal sinuses forms the most important factor leading to chronic infection of tonsils. Treatment of these factors is in the form of Antibiotics (Anti Germs), decongestant, mucolytics and anti allergic as well as surgical treatment like correction of displace nasal septum. If the above measures fail and patient continues to have repeated attacks of tonsillitis then surgical removal of tonsils (tonsillectomy) might be needed. Recent advancement has made the possibility to operate safely with Laser Technology. ●

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