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REVIEW ARTICLE ON ADENOIDITIS

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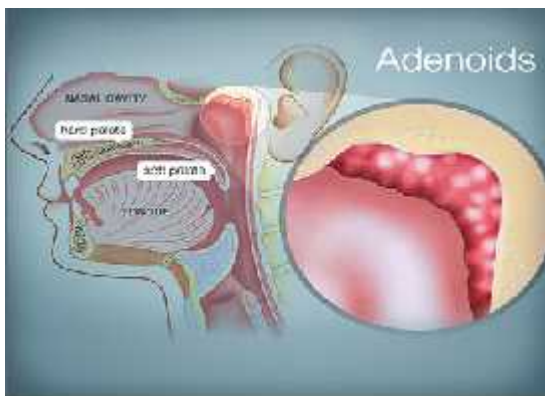
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ABSTRACT

Adenoid Enlargement Is Uncommon In Adults And Because Examination Of The Nasopharynx By Indirect Posterior Rhinoscopy Is Inadequate, Many Cases Of Enlarged Adenoid In Adults Are Misdiagnosed And Accordingly Maltreated. Nearly 35 Cases Of Enlarged Adenoid Aged Between 20 And 42 Years. The Nasal Endoscope Was Utilized To Identify The Adenoid Mass. Adenoidectomy Under Transnasal Endoscopic Control Was Performed And All The Excised Material Was Sent For Histopathological Examination. Adenoidectomy Resulted In Marked Improvement In 94 Per Cent Of Cases Without Major Complications. Histopathological Examination Revealed Non-Specific Inflammatory Reaction In 15 Cases (43 Per Cent), Pure Reactive Changes, Predominantly Follicular Hyperplasia, In Two Cases (6 Per Cent) And Mixed Pattern In 18 Cases (51 Per Cent). Endoscopic Follow-Up For An Average 17 Months Identified Recurrence In Only Two Patients. It Was Concluded That Enlarged Adenoid Tissue In Adults Has Some Histopathological Differences From That In Children And Adenoidectomy Under Transnasal Endoscopic Control Is Safe And Reliable.

INTRODUCTION

Everyone Gets A Sore Throat From Time To Time, And Sometimes The Tonsils In Your Mouth Can Become Infected. However, Tonsils Are Not The Only Vulnerable Glands In Your Mouth. Adenoids, Located Higher Up In The Mouth -- Behind The Nose And Roof Of The Mouth -- Can Also Get Infected. Enlarged And Inflamed Adenoids -- Called Adenoiditis -- Can Make Breathing Difficult And Lead To Recurring Respiratory Infections.



Adenoids Are A Mass Of Tissue That, Along With Your Tonsils, Help Keep You Healthy By Trapping Harmful Germs That Pass Through The Nose Or Mouth. Your Adenoids Also Produce Antibodies To Help Your Body Fight Infections. Unlike Tonsils, Which Can Be Easily Seen By Opening Your Mouth, You

Cannot See The Adenoids. A Doctor Has To Use A Small Mirror Or Special Instrument With A Light To See The Adenoids. Sometimes X-Rays May Be Taken To See Them More Clearly. While Adenoids Play An Important Role In Keeping A Person Healthy, As You Get Older, Adenoids Become Less Important, Because Your Body Is Able To Fight Infection In Other Ways. In Fact, Adenoids Often Get Smaller Around Age 5 Or 6 And Virtually Disappear By The Teen Years.

Definition for Adenoiditis

Even Though Adenoids Help Filter Out Germs From Your Body, Sometimes They Can Get Overwhelmed By Bacteria And Become Infected. When This Happens They Also Get Inflamed And Swollen. This Condition Is Called Adenoiditis. It Is Most Commonly Seen In Children, But Sometimes Affect Adults.

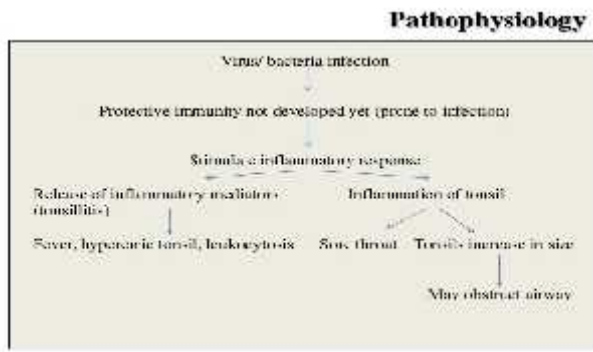
Causes

Viruses That May Cause Adenoiditis Include Adenovirus, Rhinovirus And Paramyxovirus. Bacterial Causes Include Streptococcus Pyogenes, Streptococcus Pneumoniae, Moraxella Catarrhalis And Various Species Of Staphylococcus Including Staphylococcus Aureus.

Pathophysiology

It Is Currently Believed That Bacterial Biofilms Play An Integral Role In The Harboring Of Chronic Infection By Tonsil And Adenoid Tissue So Contributing To Recurrent Sinusitis And Recurrent Or Persistent Ear Disease.^[1] Also, Enlarged Adenoids And Tonsils May Lead To The Obstruction

Of The Breathing Patterns In Children, Causing Apnea During Sleep.



The Most Common Bacteria Isolated Are Haemophilus Influenzae, Group A Beta-Hemolytic Streptococcus, Staphylococcus Aureus, Moraxella Catarrhalis, And Streptococcus Pneumoniae. Haemophilus Influenza, Moraxella Catarrhalis And Streptococcus Pneumoniae Are The Three Most Resistant Pathogens Of Otitis And Rhinosininitis In Children Suffering From These Diseases

Signs & Symptoms of Adenoiditis

Symptoms Of Adenoiditis Can Vary Depending On What Is Causing The Infection, But May Include:

- Sore Throat
- Stuffy Nose
- Swollen Glands In The Neck
- Ear Pain And Other Ear Problems

When The Nose Is Stuffy, Breathing Through It Can Be A Challenge. Other Symptoms Of Adenoiditis Related To Nasal Congestion Include:

- Breathing Through The Mouth
- Speaking With A Nasal Sound, As If You Are Speaking With A Pinched Nose
- Difficulty Sleeping
- Snoring Or Sleep Apnea (A Condition Where You Stop Breathing For A Short Amount Of Time During Sleep)

Investigation

Optical Fiber Endoscopy Can Confirm The Diagnosis In Case Of Doubt, Directly Visualizing The Inflamed Adenoid.

Treatment

In Cases Of Viral Adenoiditis, Treatment With Analgesics Or Antipyretics Is Often Sufficient. Bacterial Adenoiditis May Be Treated With Antibiotics, Such As Amoxicillin - Clavulani Acid Or A Cephalosporin. In Case Of Adenoid Hypertrophy, Adenoidectomy May Be Performed To Remove The Adenoid.

Complication

You May Experience A Number Of Complications From Adenoiditis. These Complications May Result In Chronic Or Severe Inflammation In Adenoidal Tissues That Spread To Other Locations of The Head And Neck.

Ear Infections

You May Experience Infections of the Middle Ear. Your Adenoids Lie Next To The Eustachian Tubes, Which Are The Tubes That Allow Fluid To Drain From The Ears. As Your Adenoiditis Becomes More Severe, The Inflammation

May Block The Opening Of The Tubes Leading To The Middle Ear. This Can Lead To Infection, As Well As Difficulty Hearing.

Glue Ear

This Can Occur When Mucus Builds Up And Blocks The Middle Ear. It Typically Begins As A Blockage Of The Eustachian Tubes. It Will Impact Your Hearing.

Sinus Problems (Sinusitis)

Your Sinus Cavities May Fill Up With Fluid And Become Infected. The Sinuses Are The Hollow Areas Within The Facial Bones Around Your Eyes And Nose That Contain Pockets Of Air.

Infections Of The Chest

You May Experience A Chest Infection, Such As Pneumonia Or Bronchitis, If Your Adenoids Become Severely Infected With A Virus Or Bacteria. The Infection May Spread To The Lungs, Bronchioles, And Other Structures In The Respiratory System.

Prevention of Adenoiditis

There Are A Few Things You Can Do To Try To Prevent Adenoiditis. Eating Healthy Foods And Drinking Plenty Of Fluids Is Important. Also, Getting Enough Sleep Can Help. Using Good Hygiene Practices Can Minimize The Chance Of Infection. If Your Child Has Symptoms Of Adenoiditis Or Problems With Their Throat, Seek The Advice Of Their doctors.

CONCLUSIONS

The Identification Of Bacterial & Viral Organism As The Causative Agent In The Majority Of Adenoiditis Disease Has Revolutionized The Understanding And Management Of The Disease. Medical Conditions And Surgical Procedures Associated With End-Stage Adenoiditis Disease Have Significantly Decreased According To Analysis Of Selected Index Categories.

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