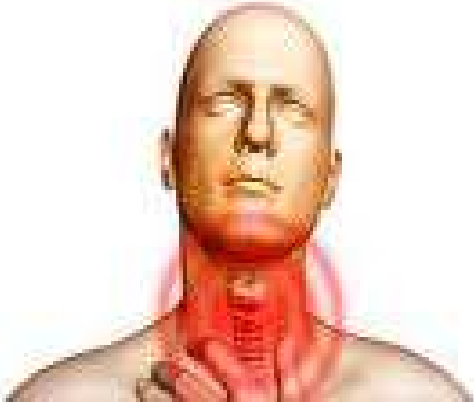


Common Ear, Nose, Throat
(ENT)
Disorders In Elderly

Dr. Swati Lambor

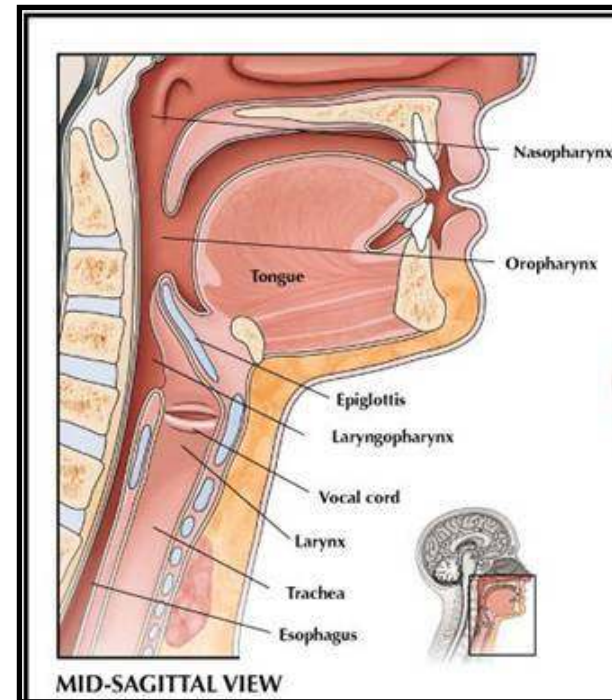
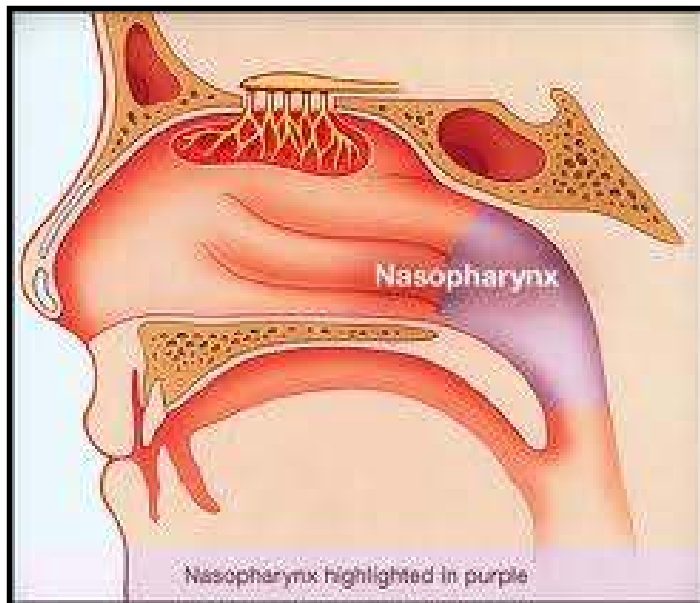
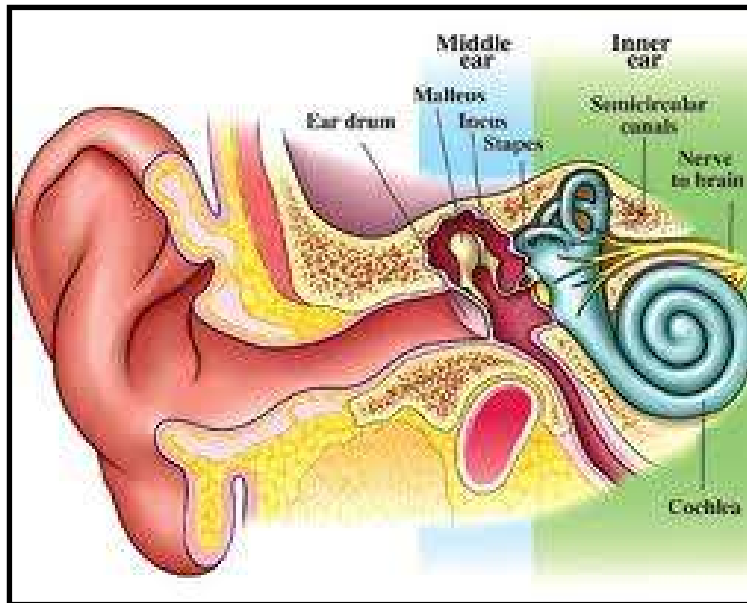
M.B. B. S., M. S. ENT (GMC), DNB ENT
Consultant – ENT, Head & Neck Surgery
Manipal Hospital Goa

What is ENT ?



Tip of the Iceberg





Classification





Infections

- Viral
- Bacterial
- Fungal

Viral infections

- Upper respiratory tract infections
- Self-limiting, resolve by 5-7 days
- Only symptomatic Rx required
- Can damage nerves
decreased hearing
giddiness
facial weakness
loss of smell
vocal paralysis





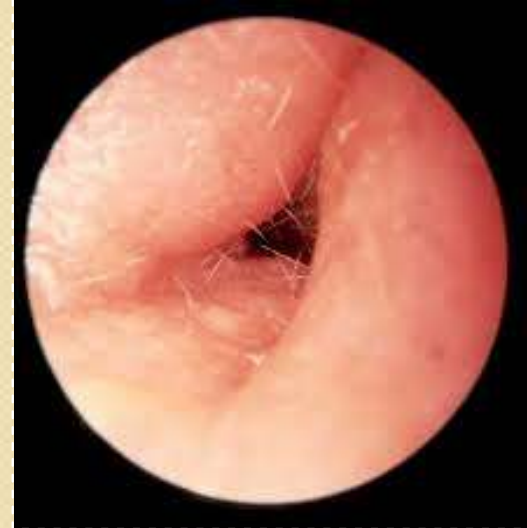
Bacterial infections

- Ear - furuncle
 - Acute otitis externa (infection of external ear)
- Nose - Nasal vestibulitis
 - Acute rhinitis (common cold) & sinusitis
- Throat- pharyngitis, laryngitis
- Abscess - peritonsillar region
 - retropharyngeal region
 - Neck abscesses
- Dental infections

Furuncle (Boil)



Diffuse Otitis Externa



Acute infections of external ear

causes- trauma

-decreased immunity,

esp. Diabetes

Severe forms of AOE



Infection of Nasal vestibule

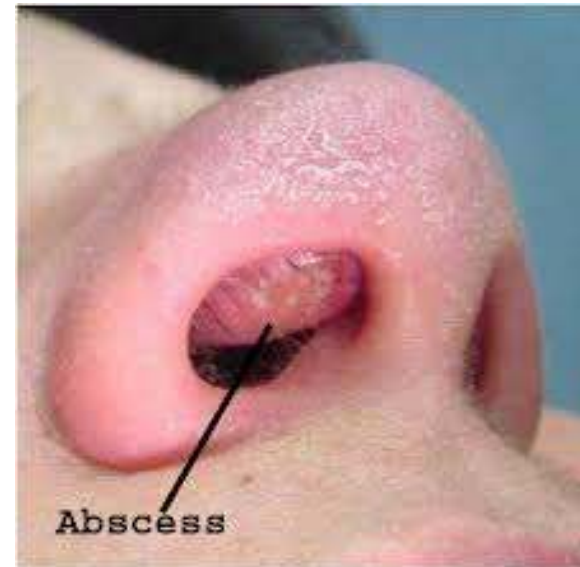


Features

- Staphylococcal infection
- Causes – nose picking
- Recurrent infection – Diabetes
- Complication
 - abscess
 - Spread to eye/brain

Bacterial infections of nose

Nasal vestibulitis – dangerous area of face

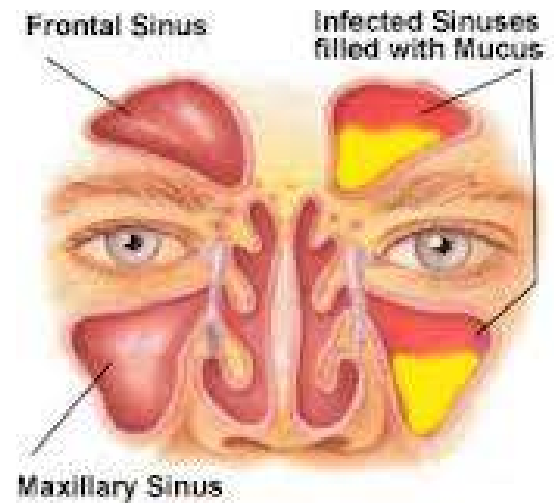


Infection of Nose & Sinuses



Sinusitis

- Acute/ chronic
- Symptoms
 - Nasal discharge
 - Sneezing
 - Nasal block
 - Headache



- Acute infections can spread to involve eye & brain



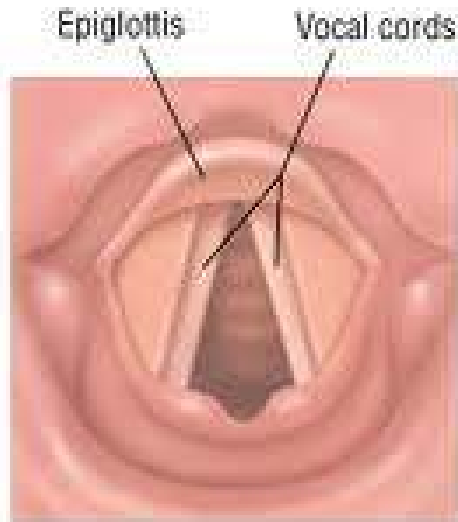
Bacterial infections of throat



Acute tonsillitis



Bacterial infection of voicebox

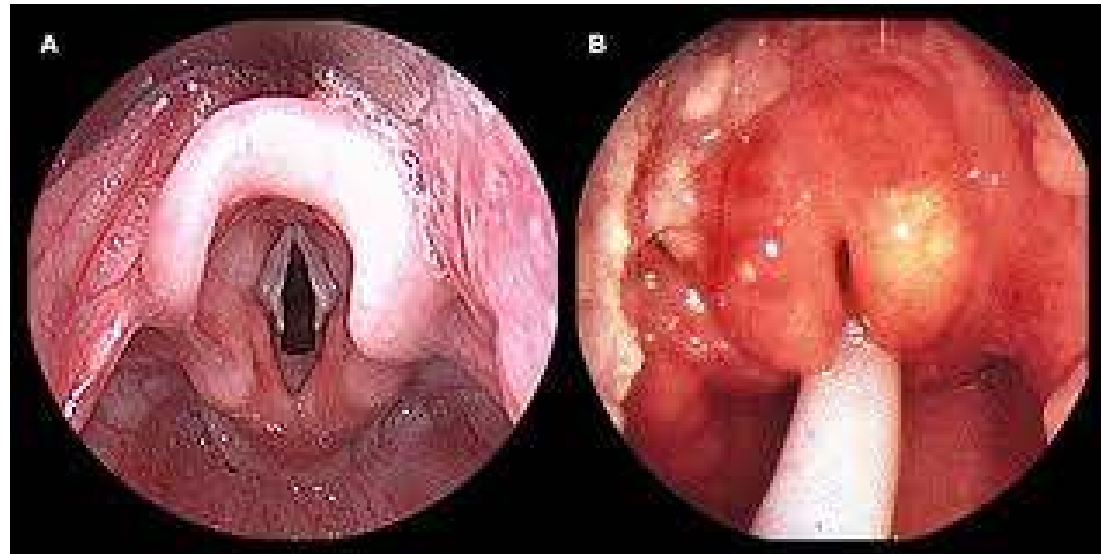


Normal larynx



Inflamed larynx

Acute laryngitis

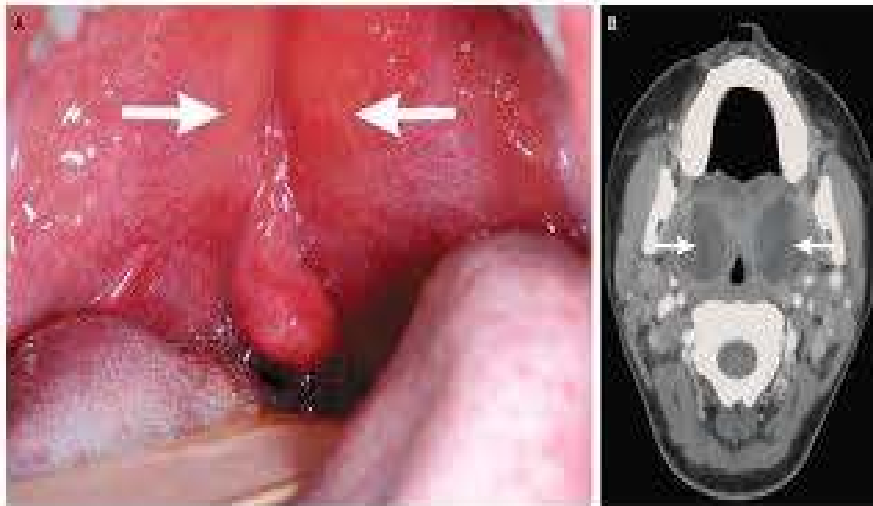
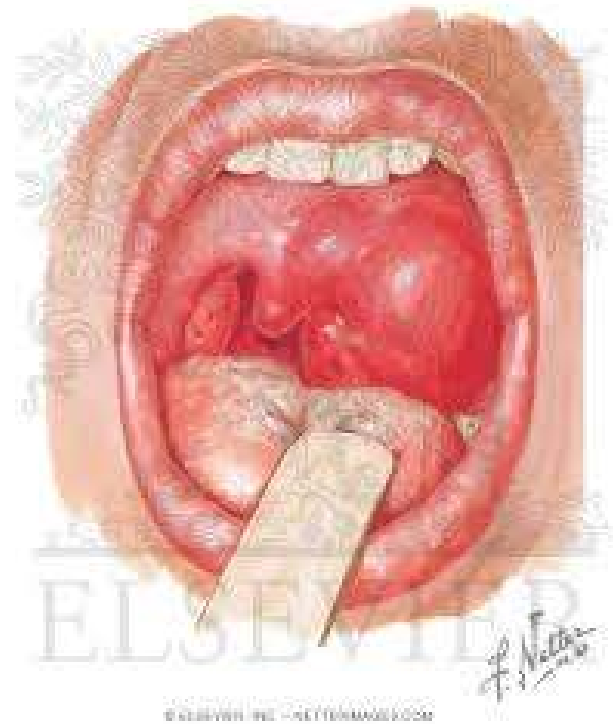




Abscesses

- Infecting organism is strong **OR** immunity of patient is low (diabetics)
- Complications depend on site of the abscess
- Can cause life-threatening septicemia
- Urgent Rx by **drainage** is required
- Egs..

Abscesses - peritonsillar



Abscesses - retropharyngeal



Retropharyngeal abscess- endoscopic picture



Neck abscesses



Dental infections





Infections

- Viral
- Bacterial
- Fungal



Fungal infections

- Ear - Otomycosis
- Nose - Fungal Rhinosinusitis
- Oral / Throat - candidiasis

- Common in :
 - Diabetics
 - Kidney failure patients
 - Kidney transplant patients
 - Patients on chemotherapy, steroids & long-term antibiotics



Fungal infection of the ear

- Causes:
Trauma, humidity, bad personal hygiene
- Recurrent cases- think of DIABETES
- Symptoms- itching, blocked sensation in ear, occ. Pain & discharge.
- Rx – local antifungal drops/ cream
 - Rx the cause

Aspergillus niger infection



Candida infection

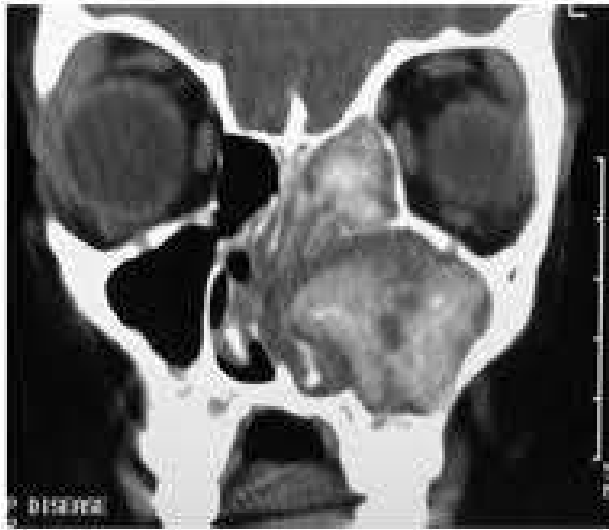


Fungal infection of ear

Fungal infections of Nose & Sinuses



Fungal infections of Nose & Sinuses



Fungal infection of throat - candidiasis





Classification

- Infections
- Degenerative disorders
- Tumours (Neoplastic) disorders
- Others



Degenerative disorders

- Decrease in HEARING(Presbycusis)
- Disorder of BALANCE (Presbystasis)
- SMELL disturbance (Hyposmia/
Anosmia)
- TASTE disturbance
- Disorders of voice
- Disorders of swallowing

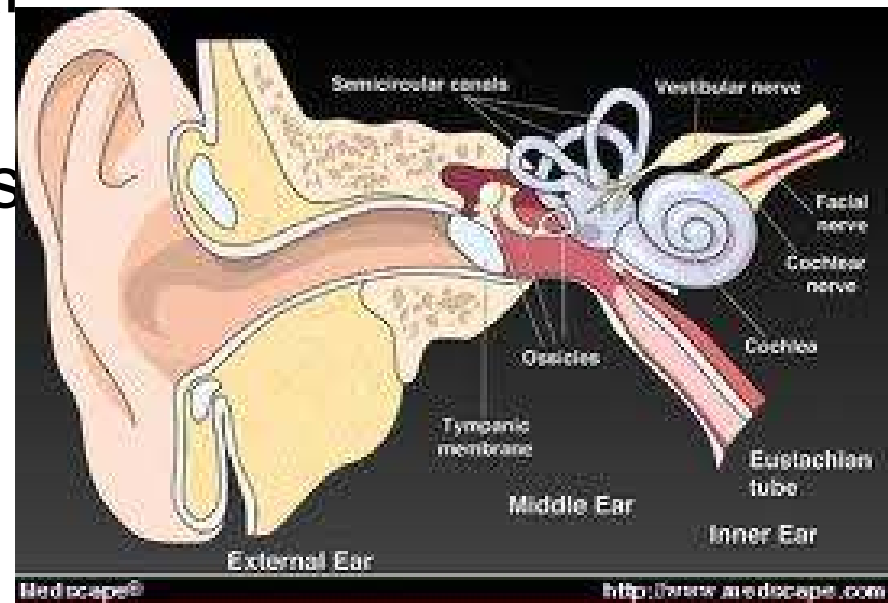
Decreased Hearing



- Age related degeneration of ear & auditory nerve
- Social interactions may suffer
- Hearing aids
- Factors that may cause worsening:
Diabetes, exposure to loud sounds

Disorder of imbalance

- Common
- Cervical spondylosis?
- Cause- inner ear degeneration
- Role of Diabetes



Disorder of imbalance

Benign Paroxysmal Positional Vertigo (BPPV)

- Loose stone-like particles in inner ear move during certain positions of the head
- Sensation of rotation/spinning lasting for less than 1 min.



Disorder of imbalance

BPPV Rx :



Epley's Manoeuvre



Disorder of smell

- Smell is responsible for 80% of taste
- **Hazards**
 - Decreased appetite- malnutrition
 - Identification of spoilt food difficult- food poisoning
 - Cannot identify LPG gas leak/ smoke from fire in the house
- Role of Diabetes
- Healthy lifestyle practices





Disorder of taste

- Malnutrition
- Cannot identify spoiled food – food poisoning

Disorders of swallowing

- Degeneration of nerves, muscles & brain – incoordination during swallowing
- Malnutrition
- *Ruling out cancer of digestive tract is a must*

Role of Diabetes – in infections

- Vicious cycle
Diabetes ↔ Infection
- Diabetes damages blood vessels- blood supply of affected tissues is hampered. Antibiotics cannot easily reach the affected areas, hence controlling infection becomes difficult.
- Recurrent cellulitis/ abscesses-investigation of blood sugar levels is a must.
- *Necrotising Otitis Externa* – life-threatening infection of skull base.



Role of Diabetes- in Degenerative disorders

- Impaired blood supply of tissues due to Diabetic angiopathy, favours degeneration, esp. in ear.
- Diabetic neuropathy (damage of nerves) **adds on** to age-related degeneration, further worsening the functioning of organs

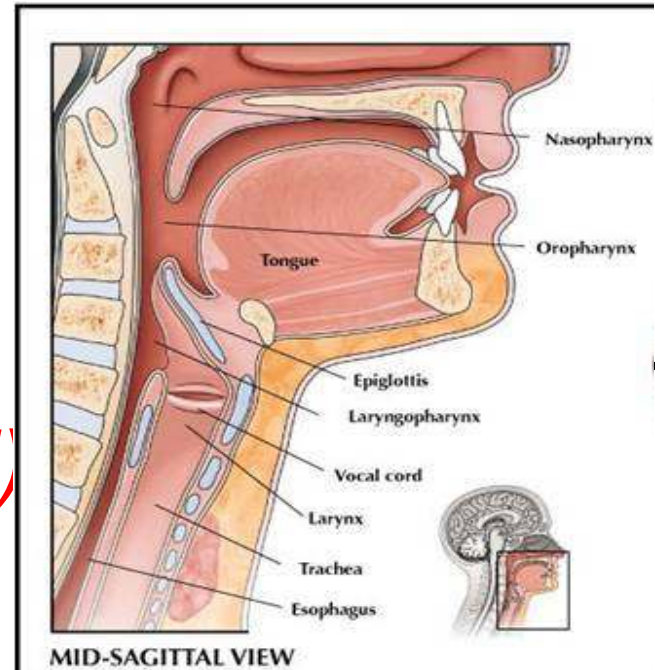


Classification

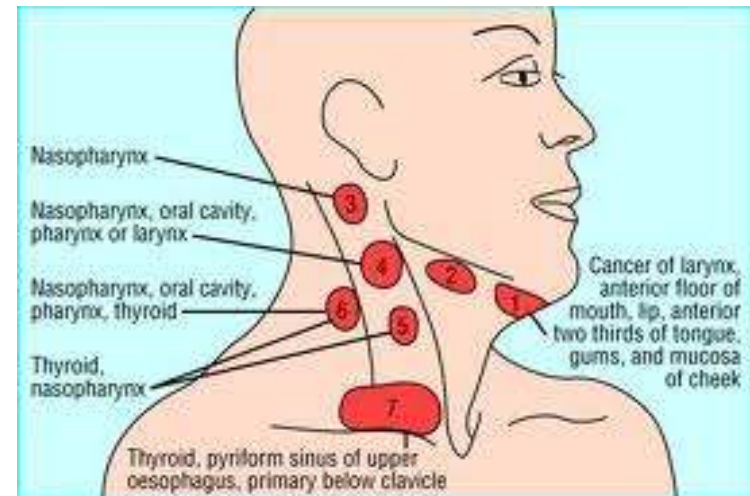
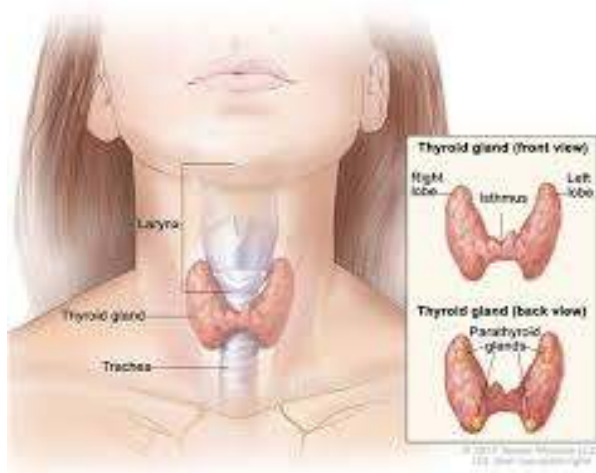
- Infections
- Degenerative disorders
- **Tumours (Neoplastic) disorders**
- Others

Tumours

- They may be
 - Benign
 - *Malignant (Harmful)*



Anatomy of the Thyroid and Parathyroid Glands



Tumours – Mouth & Throat

- Commonest cancers in India
- Smoking & Alcohol
- Growths may not be noticed by the patient till they become significant enough to impair functions (advanced stages)
- *Therefore regular screening is a must.*



Ca of Lips





Ca Tongue



Ca Buccal Mucosa



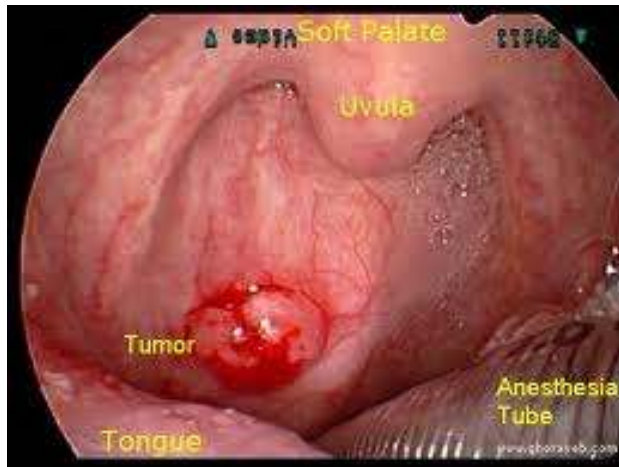
Ca Retromolar trigone



Tumours of Hard Palate



Cancers of Throat



Cancers of Throat



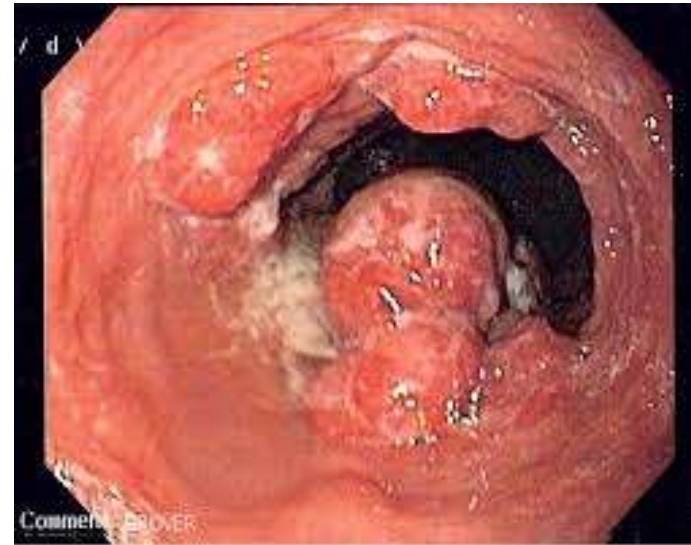
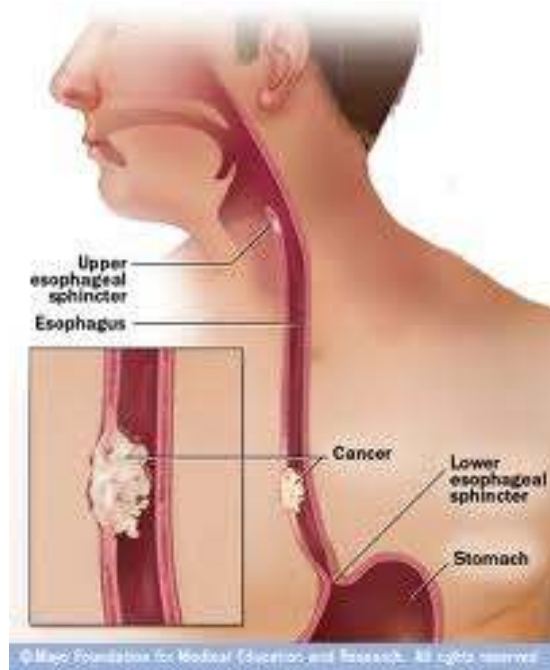
Pyriform fossa Ca



Postcricoid Ca

- Foreign body/sticking sensation in throat

Cancer of Oesophagus (Food Pipe)

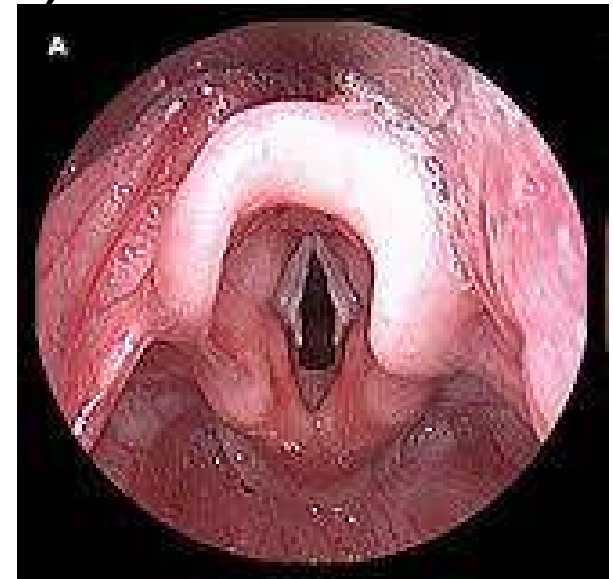


- ❑ Difficulty in swallowing is the chief complaint
- ❑ Usually present in advanced stages

Tumours of Larynx (Voicebox)

Larynx is divided into 3 subsites:

- Supraglottis (above VC)
- Glottis (Vocal Cords)
- Subglottis (Below VC)



Benign lesions of Vocal Cords



Normal

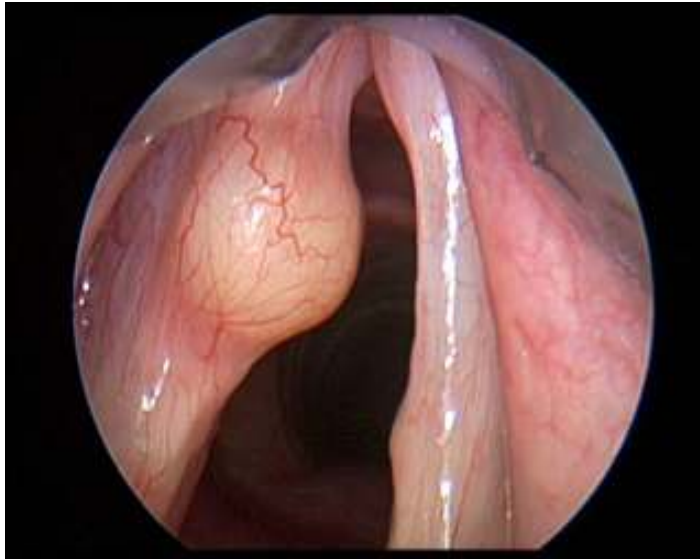


Vocal Nodule

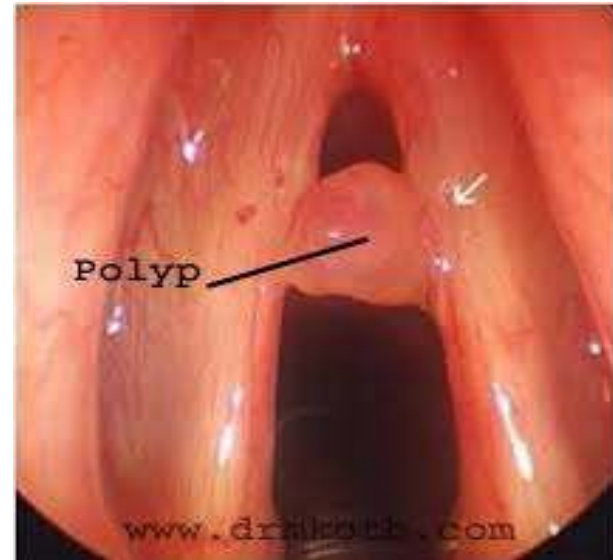
Vocal Cord
Nodule



Benign lesions of Vocal Cords



Cyst



Polyp

Benign lesions of Vocal Cords



Reinke's oedema

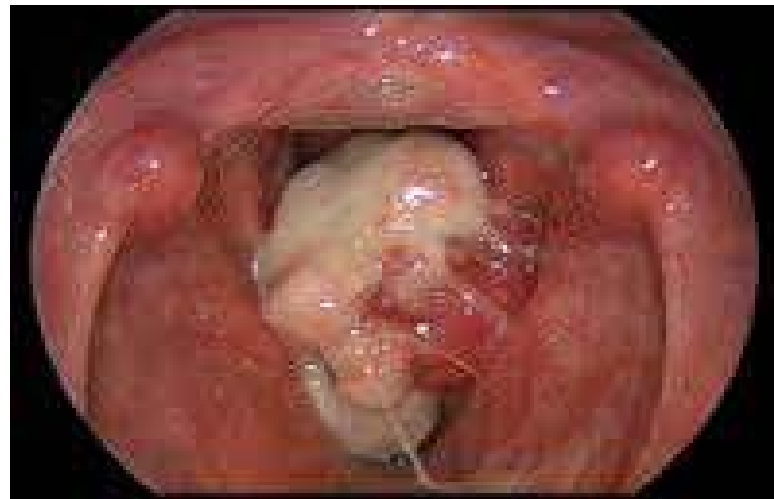
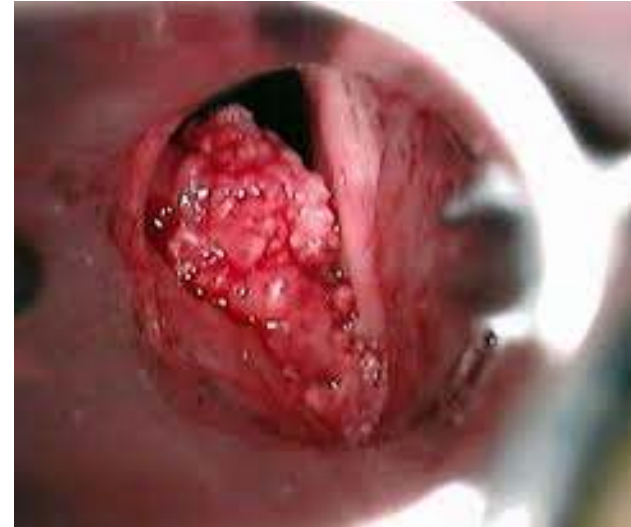
Lesions of Vocal Cords



Cancers of voicebox



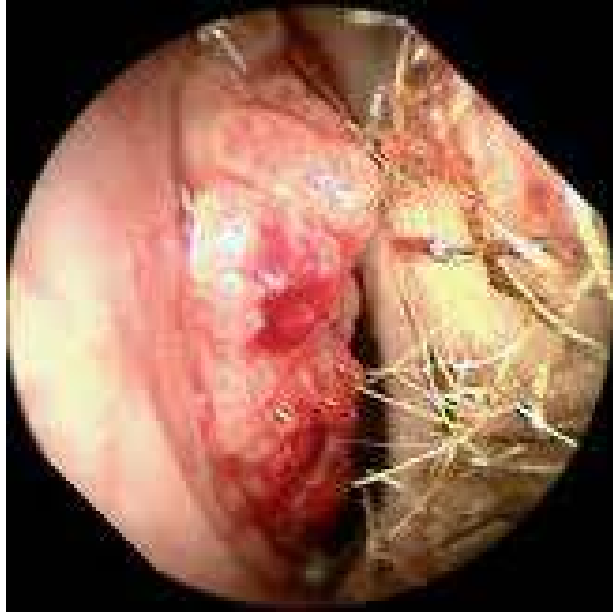
Cancers of voicebox



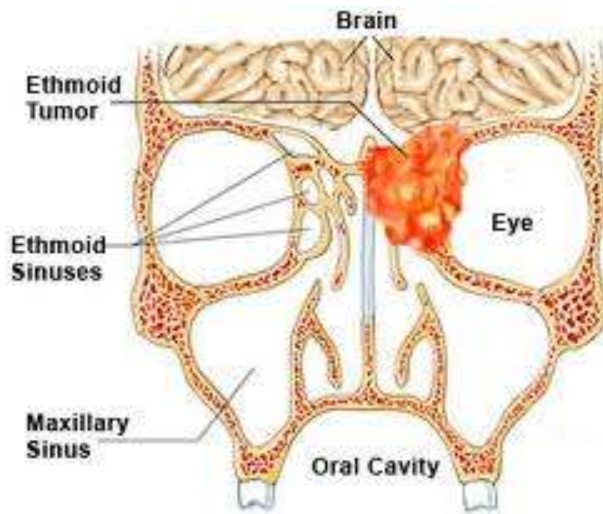
Tumours of Nose & Sinuses



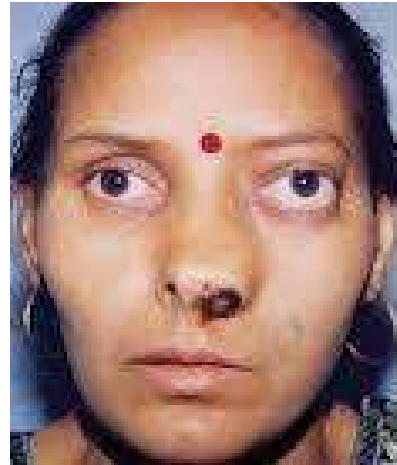
Tumours of Nose & Sinuses



Tumours of sinuses



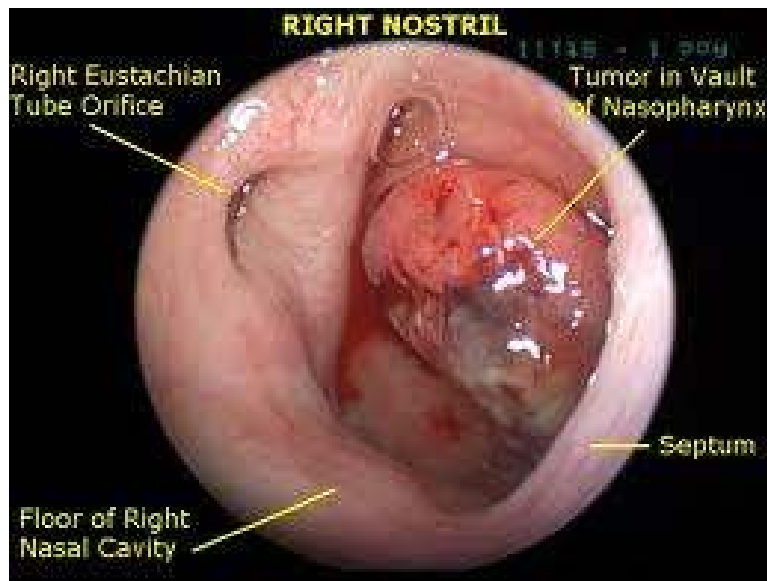
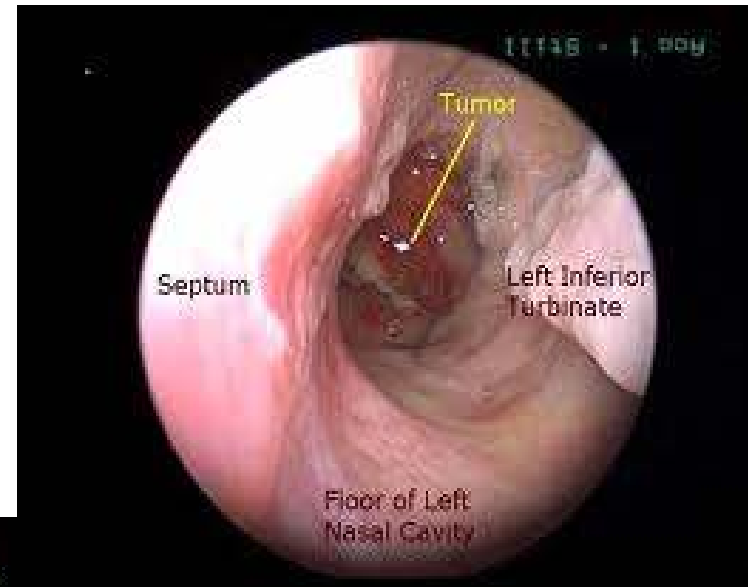
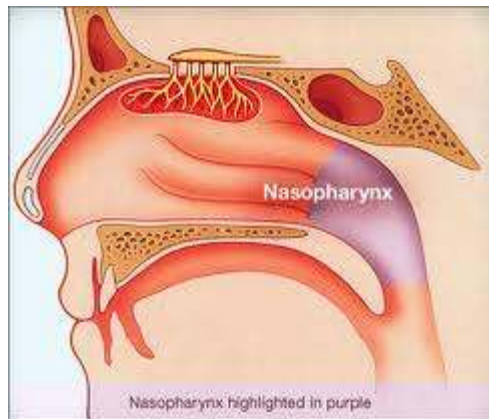
Tumours of sinuses



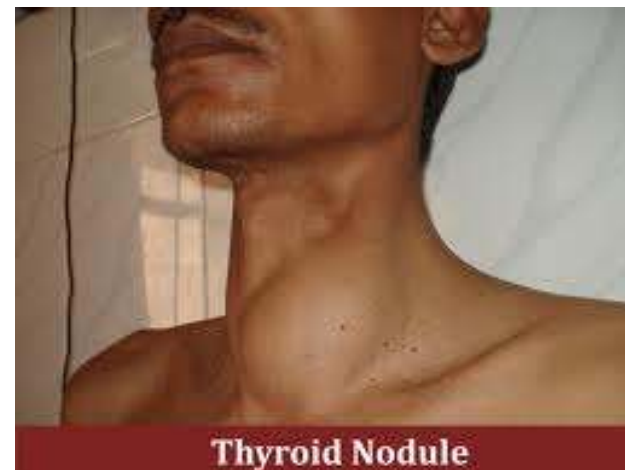
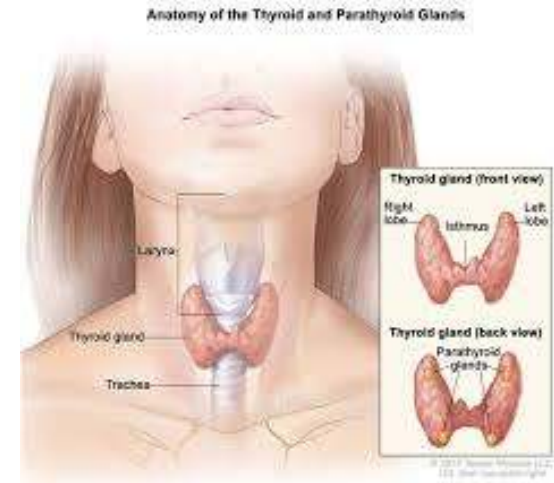
Tumours of sinuses



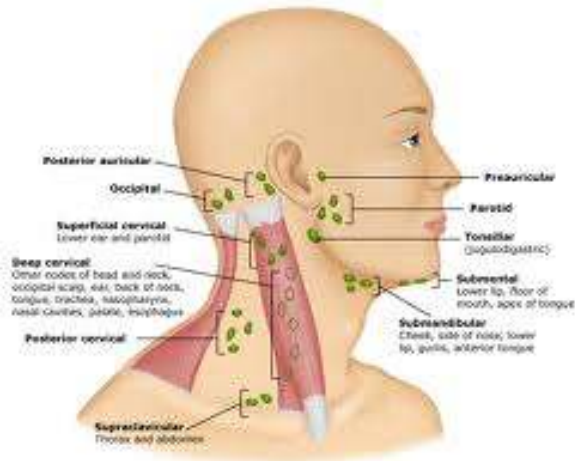
Tumour of nasopharynx



Neck masses-thyroid



Neck Masses – Lymph nodes



TB

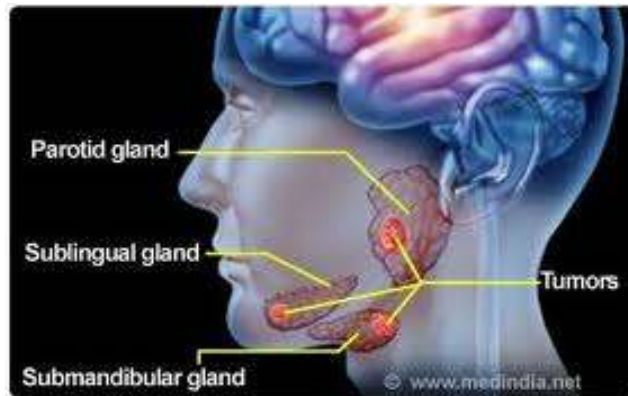


Spread from cancer



lymphom
a

Salivary Gland tumours

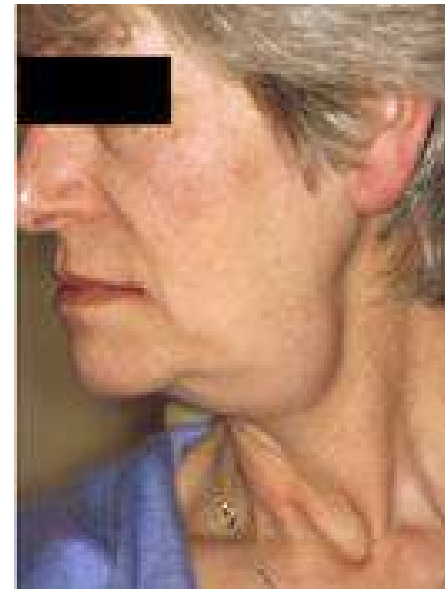


Parotid Gland
Tumours

Salivary Gland tumours



Submandibular Gland
Tumours



Tumours – important points

Digestive tract

- Screening is important.
- Persistent difficulty in swallowing or foreign body/sticking sensation in throat cannot be ignored.

Voicebox

- Every change of voice has to be evaluated thoroughly.

Nose & sinuses

- Do not ignore nasal block/ bleeding from the nose/ loose teeth or dentures.

Neck masses must be investigated.



Classification

- Infections
- Degenerative disorders
- Tumours (Neoplastic) disorders
- **Other disorders**



Other ENT Disorders

- Bleeding from nose- Epistaxis
- Snoring – Obstructive Sleep Apnoea
- Foreign Bodies of airway & digestive tract
- Headaches
- Laryngo-pharyngeal reflux (Acidity)

Epistaxis

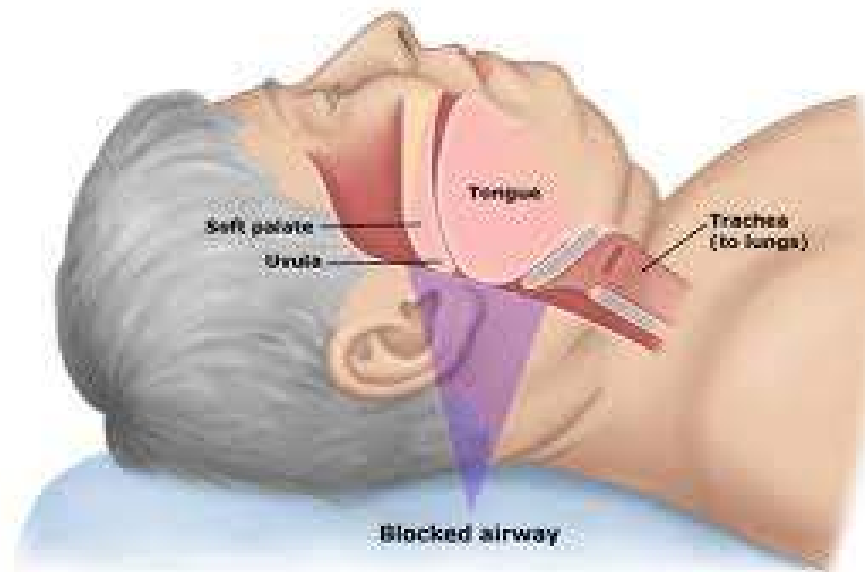
- Bleeding from the nose
- Causes :
 - Hypertension
 - Trauma including nose picking
 - Alcoholism
 - *Tumours*
- Life threatening emergency requiring immediate attention of the doctor



Snoring – Obstructive sleep apnoea



Snoring



Snoring



- Decreased productivity
- Risk of accidents while driving
- Health Problems – high blood pressure, cardiac problems

Snoring



← Weight Reduction

CPAP
Machine →



Surgery →



Foreign Bodies Digestive Tract



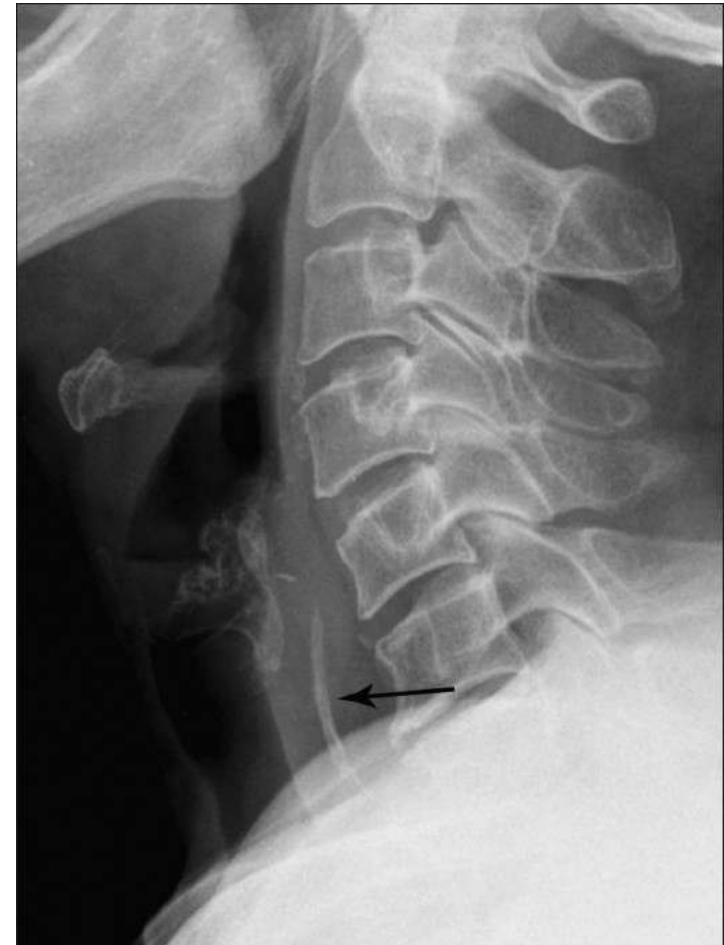
Denture



Denture

Foreign Bodies Digestive Tract

Fish bone



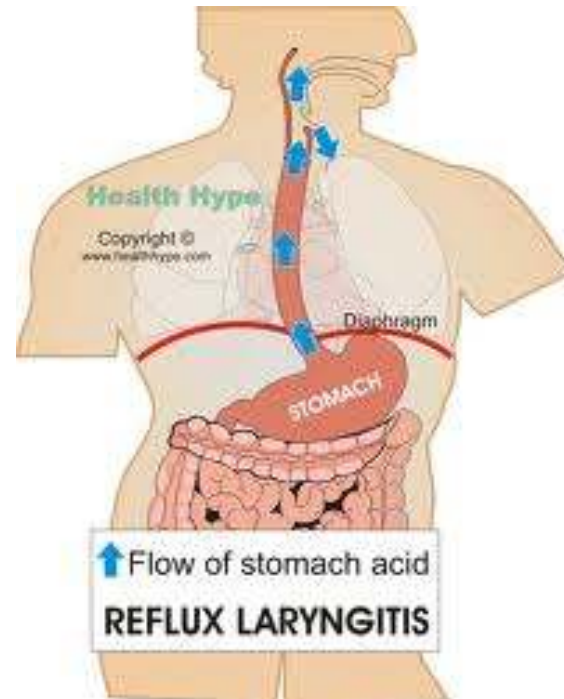
Headaches

- Quite commonly originate from sinus lesions, occasionally ears.
- *It is a symptom.* Diagnosis of the **cause** is important.



Acidity –Laryngopharyngeal Reflux

- Burning in throat
- Pain/difficulty while swallowing
- Chronic laryngitis





Take Home Message

- Remember – Tip of the Iceberg
Thus lies the importance of **REGULAR ENT CHECK-UP**.
- Infections have to be treated promptly, since complications can be life-threatening.
- Recurrent infections – investigations for immunocompromised state, most importantly **DIABETES** is a must.
- To prevent early degeneration of tissues-
adopt good lifestyle practices.



**Thank you for your patient
ear**