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Common Ear, Nose, Throat (ENT) Disorders In Elderly
What is ENT?
Tip of the Iceberg
Classification

- Infections
- Degenerative disorders
- Tumours (Neoplastic) disorders
- Others
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
Acute infections of external ear
causes - trauma - decreased immunity, esp. Diabetes
Severe forms of AOE
### Infection of Nasal vestibule

<table>
<thead>
<tr>
<th>Features</th>
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<tbody>
<tr>
<td>• Staphylococcal infection</td>
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<tr>
<td>• Causes – nose picking</td>
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<tr>
<td>• Recurrent infection – Diabetes</td>
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<td>• Complication</td>
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<td>- abscess</td>
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<td>- Spread to eye/brain</td>
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**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

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
Fungal infection of ear

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
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- 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
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 spoilt 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 $\leftrightarrow$ 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.

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
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Tumours

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

Foreign body/sticking sensation in throat

Postcricoid Ca
Cancer of Oesophagus (Food Pipe)

- Difficulty in swallowing is the chief complaint
- Usually present in advanced stages
Larynx is divided into 3 subsites:
- Supraglottis (above VC)
- Glottis (Vocal Cords)
- Subglottis (Below VC)
Benign lesions of Vocal Cords

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

- Spread from cancer
- Lymphoma
- TB
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
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