

KIDS ENT HEALTH MONTH

32 Million Children Suffer from Disabling Hearing Loss

Allergies Can Cause Many Ear, Nose and Throat Symptoms in Children

According to the American Academy of Otolaryngology: “National health statistics reveal that pediatric ear, nose and throat disorders remain among the primary reasons children visit a physician, with ear infections ranking as the number one reason for an appointment.”

The following guide summarizes three common ENT diseases common in children.

01 | Adenoiditis & Adenoid Hypertrophy

When adenoid tissue gets infected, it can cause a runny or stuffy nose, post-nasal drip, headache or cough. Usually adenoiditis responds well to antibiotics. In severe cases, outpatient surgery may be required to remove the affected tissue.

In cases of adenoid hypertrophy, the adenoid becomes enlarged and blocks the passages behind the nose. This can result in snoring, breathing through the mouth and hyponasal speech. It can also lead to middle ear infections due to the blockage of the Eustachian tube.

Adenoidectomy (removal of the adenoids) may be required if the following occurs:

- Chronic infection of the adenoid
- Unresolved enlargement of the adenoid
- Recurrent ear infections

02 | Laryngopharyngeal Reflux

Laryngopharyngeal Reflux (LRP) is a condition that occurs where acid in the stomach travels up the esophagus to the back of the throat and nose. Symptoms vary and may include:

- Hoarseness
- Chronic cough
- Wheezing
- Difficulty swallowing
- Chronic bronchitis
- Apnea
- Aspiration Pneumonia
- Ear pain
- Sore throat
- Gagging

Treatment for LRP is similar to treatment for GERD – the administration of proton pump inhibitors. These drugs stop the production of acid in the stomach. Most patients experience a reduction in symptoms within the first few weeks of treatment.

03 | Parathyroid Diseases

Problems with the parathyroid glands can occur when one or more of the glands secrete too much or too little hormone. Balancing the hormone level is imperative as it helps regulate the amount of calcium in the blood stream. It also contributes to the normal function of muscles and nerves.

- **Hypoparathyroidism** is treated by managing the patient’s calcium and Vitamin D levels.
- **Hyperparathyroidism** is initially treated by prescribing medication that increases calcium in the bones; however, more severe cases require Minimally Invasive Radioguided Parathyroidectomy (MIRP) to destroy the faulty gland.

For more information, please visit:

<http://www.entnet.org/KidsENT>

Did You Know?

60% of non-fatal choking incidents results from food

References

<https://pediatric-ent.com/learning-center/common-ent-problems/>

<http://www.entnet.org/content/patient-health>