

CHRONIC HYPERPLASTIC LARYNGITIS: ETIOLOGY, PATHOGENESIS, DIAGNOSTICS AND TREATMENT METHODS

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Abstract: Chronic hyperplastic laryngitis is one of the inflammatory diseases of the larynx characterized by thickening of the mucous membrane and a prolonged clinical course. This article analyzes the etiology, pathogenesis, clinical manifestations, diagnostic methods, and modern treatment approaches of the disease. Particular attention is paid to its significance as a precancerous condition and preventive measures.

Keywords: chronic laryngitis, hyperplasia, pachydermia, vocal cords, metaplasia, diagnostics, treatment.

Introduction

Chronic hyperplastic laryngitis occupies an important place among otorhinolaryngological diseases and accounts for 6–8% of all ENT pathologies. The disease often develops against the background of improperly treated or insufficiently managed acute inflammatory processes. Long-term tobacco smoking is considered one of the main risk factors for this pathology.

The relevance of this disease is associated with its recognition as a precancerous condition.

Materials and Methods

This scientific work summarizes the available literature data, clinical observations, and the results of modern diagnostic methods regarding chronic hyperplastic laryngitis.

The following diagnostic methods were used:

- medical history taking;
- physical examination;
- laryngoscopy;
- laboratory investigations;
- histological analysis;
- computed tomography (CT).

Results and Discussion

Etiology

The disease has a polyetiological nature, and the main causes include:

- bacterial, viral, and fungal infections;
- mycoplasma and chlamydia;
- specific diseases (tuberculosis, syphilis, diphtheria).

Additional risk factors include:

- smoking and alcohol consumption;
- occupational harmful exposures;
- endocrine and somatic diseases;
- decreased immunity.

Pathogenesis

The pathogenesis of the disease is associated with the development of hyperplasia and metaplasia in all layers of the mucous membrane.

Main pathological changes include:

- replacement of cylindrical epithelium by stratified squamous epithelium;
- hypertrophy of blood vessels;
- compression of glandular ducts;
- formation of pachydermia.

Deformation of the vocal cords and the appearance of “singer’s nodules” are often observed.

Clinical Manifestations

The main symptom of the disease is hoarseness.

Other symptoms include:

- rapid vocal fatigue;
- changes in voice timbre;
- itching in the throat and foreign body sensation;
- cough;
- secretion of sticky sputum;
- sometimes dyspnea.

Complications

Chronic hyperplastic laryngitis may lead to the following complications:

- loss of voice (aphonia);
- diseases of the lower respiratory tract;
- development of benign and malignant tumors.

Therefore, this disease is regarded as a precancerous condition.

Diagnostics

Diagnosis requires a comprehensive approach.

Laryngoscopy:

- thickening of the mucous membrane;
- hyperemia;
- symmetrical nodules.

Laboratory tests:

- leukocytosis;
- increased ESR.

Histology:

- epithelial metaplasia;
- inflammatory infiltration.

CT examination:

- differential diagnosis from tumors.

Treatment

The main goals of treatment are:

- reduction of inflammation;
- restoration of vocal function;
- prevention of malignant transformation.

1. Conservative treatment:

- antibiotics;
- anti-inflammatory drugs;
- antihistamines;
- mucolytics;
- vitamins.

2. Surgical treatment:

- removal of hypertrophied tissues;
- restoration of vocal cords.

3. Physiotherapy:

- inhalation therapy;
- electrophoresis;
- laser therapy.

Conclusion

Chronic hyperplastic laryngitis is a prolonged and clinically significant disease requiring timely diagnosis and comprehensive treatment. Since this pathology is considered a precancerous condition, its early detection and preventive measures are of great importance

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