

Development, Diagnosis and Modern Clinical Diagnostic Methods of Adenoiditis in Young Children

Anqasov Ibratjon Olimjon o'g'li

Samarkand State Medical University, Department of Otorhinolaryngology No. 2, 1st year clinical
resident

Khatamov JA

Associate Professor, Department of Otorhinolaryngology No. 2, Samarkand State Medical
University

Abstract: Adenoid tumors or adenoids are overgrown growths of tissue that form the base of the tonsils. The pathology develops due to inflammation of the nasopharyngeal sinuses and is more common in children. The disease occurs due to a violation of the immune system. We will tell you why the disease occurs, how its symptoms manifest themselves and how to treat adenoids.

According to statistics, adenoid growths occur in every second child. Most often, the disease manifests itself at the age of 3-7, but the inflammatory process can occur later. The disease can also manifest itself in an adult. This indicates serious problems with the immune system, and doctors often resort to surgical intervention.

Key points: Adenoid, Function of adenoids in the body, Symptoms of adenoids, Enlarged adenoids.

The information in this section should not be used for self-diagnosis or self-treatment. In case of pain or other exacerbation of the disease, diagnostic tests should be prescribed only by the attending physician. You should consult your doctor for a diagnosis and appropriate treatment. In order to correctly evaluate the results of your tests over time, it is preferable to conduct research in the same laboratory, since different laboratories may use different research methods and units of measurement to perform the same tests.

Function of adenoids in the body

Adenoids - hyperplasia of lymphoid tissue. This is a pathology that causes breathing, hearing and other disorders. It should be remembered that a person is born with adenoids and feels comfortable throughout his life. By the age of 12, they begin to decrease, and by the age of 20 they almost completely atrophy.

But in childhood, adenoids perform a very important function - they protect the body from bacteria, viruses and other pathogenic organisms. They help to form immunity in the nasopharynx. Simply put, the child inhales bacteria that are not yet known to his body. But it gets into the adenoids, which "inject" this bacterium into the body and kills it.

These tissues grow because they are constantly exposed to harmful organisms and are subject to inflammation. If the immune system is good, over time the function of the adenoids ceases to be useful and the organ atrophies. If there are problems, inflammation occurs.

Symptoms of adenoids: how the disease manifests itself

Most often, doctors diagnose this manifestation in childhood. Inflammation can be asymptomatic, but there are a number of signs that can often be used to determine the presence of such a disease. The main symptoms of adenoids:

Breathing becomes difficult, the nose is constantly blocked. One nostril may be affected or breathing may be completely blocked;

With pathology of the adenoids, a runny nose occurs. This may seem like a cold, but if it does not go away even after effective treatment, this may indicate problems in the nasal area;

a cough appears;

hearing loss may occur;

body temperature rises, but not to critical levels. It remains stable at 37.5 ° C, there are no clinical manifestations of infection, but this temperature indicates the presence of inflammation;

facial deformity occurs. If adenoids are not treated, the disease progresses, the nose becomes constantly clogged - the child is forced to breathe through his mouth, which is constantly open, which can lead to changes in the facial skeleton.

The last symptom is the most dangerous. It is quite possible to get rid of a runny nose, but it is no longer possible to change the structure of the skeleton.

The danger of adenoids is that other organs suffer and pathologies develop. Some of them cannot be eliminated. The dangers of inflamed adenoids are:

hearing deteriorates significantly. The enlarged nasopharyngeal tonsil compresses the auditory tube, making it difficult for air to enter the middle ear. The eardrum becomes less mobile, which negatively affects the sense of hearing;

decreased immunity and frequent colds. Inflammation of the adenoids contributes to the accumulation of infection and bacteria in the nasal area. Mucus should eliminate them, but obstruction of the air flow complicates the situation and creates a favorable environment for the survival of pathological organisms;

When the adenoids become inflamed, their capacity is significantly reduced, and they themselves become a target for bacteria. One of the signs of enlarged nasopharyngeal tonsils is a rise in temperature to 39 degrees;

speech disorders occur. Due to the stuffy nose, the child has to breathe through his mouth, which leads to deformation of the skull. This negatively affects the formation of speech, the child stops pronouncing some letters and speaks through his nose. Unfortunately, parents often ignore this manifestation and simply get used to it. You should immediately consult a doctor, diagnose the body and find out the cause;

Otitis occurs. Due to the blockage of the auditory tube, an environment for microbes is created, which is why a number of abnormalities develop in this organ, including otitis media;

The likelihood of respiratory tract disorders increases significantly. Due to constant chronic inflammation, other ENT organs also suffer. Therefore, the child is accompanied by laryngitis, pharyngitis and other diseases of a similar nature.

If you detect the first signs that indicate the presence of inflammation of the adenoids, you should immediately contact a specialist and undergo an examination. Otherwise, this is fraught with a number of serious health problems.

Causes of enlarged adenoids

The function of the adenoids in the body is very important, so why does it fail? The problem affects almost every second child. Contributes to the occurrence of this disease:

- a. manifestations of allergic reactions to drugs, food and other components;
- b. hereditary factor;
- c. the reason is also frequent colds;
- d. weakened immune system;
- e. the presence of chronic pathologies.

You can try to protect your child from these negative factors and reduce the risk of adenoids. It is worth noting that the main cause is an allergic reaction. When interacting with house dust, mold spores, animal hair and other allergens, lymphoid tissue can grow. More than 20% of this disease is due to this cause.

How are adenoids diagnosed?

If symptoms are detected, there is no need to delay going to the doctor. The problem of adenoids is common, and the sooner it is solved, the less the consequences will be. The following diagnostic methods are used:

posterior rhinoscopy. This is a very simple examination procedure, with the help of which the doctor visually assesses the condition of the tonsils. The nasopharynx is examined using a special mirror. The procedure is painless and has almost no contraindications;

Finger examination of the area. The degree of enlargement of the tonsils and the presence of inflammation of the adenoids are determined by touch. The doctor puts on sterile gloves, stands to the patient's side, clenches his jaws to prevent locking, and quickly examines the area;

X-ray. A regular X-ray in the lateral projection can show the condition of the adenoids. If this is not enough, the doctor may prescribe a computed tomography scan. Most often, this procedure is performed in difficult situations;

Endoscopy . Using an endoscope, the doctor obtains detailed information about the condition of the nasopharynx. Depending on the type of examination, a flexible tube is inserted through the nose or mouth. The image from the camera connected to the phone is transmitted to a monitor. This method has contraindications and is not suitable for everyone, but it helps to study this area in detail. To prevent vomiting, the mucous membrane is treated with a special preparation;

Audiometry . Diagnosis of adenoids involves a hearing test. The method is quite simple and allows you to examine the organs of hearing. The doctor puts earphones on the patient and gives them a signal. The soundtrack has a certain intensity and is fed to different speakers. The child must show that he hears the sound;

laboratory tests. Inflammation of the adenoids causes a number of other problems and complications. To examine the whole body, the patient is asked to undergo a series of tests. The procedure is optional, as it does not help confirm the diagnosis. However, if a problem is detected, collecting tests will help to understand the causes of the development of pathological processes.

Diagnosis of inflammation of the adenoids helps to correctly determine the nature of the inflammatory process, to understand why the adenoids grow rapidly and cause health problems. After the diagnosis is made, the doctor will prescribe treatment and help get rid of the problem using various methods.

Treatment of adenoids: effective methods

There are several ways to get rid of this problem. The most popular treatment methods are conservative and removal. Both of them are effective in their own way, they have their own disadvantages and features. Let's consider each of them in more detail.

Elimination of inflammation of the adenoids with conservative means

The conservative method involves the use of special drops, inhalations and physiotherapy. This method is chosen if the inflammation of the adenoids is in the first stage. In any other case, this method is ineffective and the inflamed adenoids will have to be removed.

The most effective method is pharmacological action. A group of antibiotics, antihistamines and multivitamin complexes are prescribed. Also, on the recommendation of doctors, you can use immunostimulants. For the treatment of adenoids with the help of pharmacology, most drugs are approved for use by children, with the exception of allergic reactions or individual contraindications.

The conservative method includes physiotherapy. In our clinic, a specialist will offer you a number of procedures, such as ultraviolet radiation, ozone therapy, laser therapy. Each of these methods has a beneficial effect on the condition of the adenoids and helps to get rid of the problem without surgery.

The effect is achieved through special breathing exercises. A number of physical exercises will help get rid of the bad habit of breathing through the mouth. Proper physical activity and breathing techniques improve the functioning of the nose. This is useful in restoring the body if it is necessary to surgically remove problematic tissues. Here are a few simple exercises:

While standing, you need to take 5 sharp breaths through your nose, then exhale smoothly through your mouth (not quickly, take about 5 seconds). Repeat the exercise 3-5 times;

Turn your head smoothly to the left, right, and also tilt it to the sides. The exercise is performed while standing, and with each turn and tilt of the head with the nose, you need to take a sharp breath. Turn in the other direction, exhale smoothly through your mouth, repeat again when changing the position of your head.

Such techniques only complement the main goal of the specialist. In JSC "Medicine" (Academician Rotberg Clinic), a physiotherapist gives detailed recommendations and monitors the healing process. Enlarged adenoids in the nose block normal breathing, a physiotherapist will help to correct this.

Surgical treatment of the disease

In stages 2 and 3, inflammation of the adenoids is eliminated surgically. The symptoms become pronounced, breathing becomes significantly more difficult, and the child begins to breathe through the mouth more often. With further development, this leads to dangerous consequences, so the specialist prescribes surgical intervention to avoid serious danger.

It is a little easier to remove painful tonsils in young children. Local anesthesia is given. An anesthetic is sprayed on the affected area, there is no pain and the operation is fairly quick.

Adolescents are given general anesthesia, which greatly facilitates the surgical procedure. This method can also be used for young children, but the doctor must carefully monitor their health, as general anesthesia can have a number of consequences.

By the way, the operation can be performed without the use of anesthesia. The structure of the tissues does not contain nerve fibers, so the patient does not feel anything. However, this method is not recommended.

Clinics offer various methods of eliminating this problem, but we choose the best option. Based on a study of the patient, a detailed set of analyzes and examinations, we develop recommendations for surgery. Thanks to this and modern equipment, the result is effective.

Expert-verified information

Recently, this issue has been of concern to many patients. Previously, operations were performed on an outpatient basis, today general anesthesia is used. In addition, parents are interested in the age at

which such operations should be performed, whether it is possible to remove adenoids during a runny nose, and many other questions.

If you suspect a disease, the first thing you need to do is go to the clinic. The first stage does not threaten with consequences and is treated with medication. At the second stage, the doctor already recommends surgery. But this depends on the degree of growth of the adenoid. The third stage requires mandatory surgical intervention.

It is important to remember that this is a full-fledged operation using anesthesia. There is a risk of complications and negative consequences when using medications. But if the doctor talks about the need for such a procedure, you should not refuse. You just need to know where to treat such a disease.

Aloe juice should be dripped into the sinuses, a few drops a day are enough;

sea buckthorn oil helps eliminate infections and bacteria, it is enough to drip 1-2 drops into each nostril, it is recommended to perform the procedure 2-3 times a day;

Steam inhalation also helps. You can add aloe, eucalyptus, oak bark, St. John's wort, and mint to the water. All of these herbs have a beneficial effect on the respiratory tract.

Remember that traditional medicine is only effective when combined with the primary care of a specialist. In addition, you should get a doctor's permission before using such methods.

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