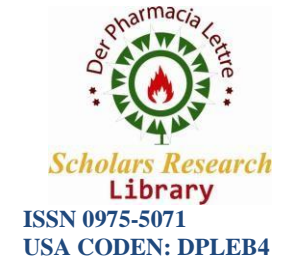


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A Comprehensive Overview on the Diagnosis and Management of Polypoid Corditis

Thiago Santos*

Department of Otolaryngology, Federal University of Minas Gerais, Belo Horizonte, Brazil

***Corresponding author:** Thiago Santos, Department of Otolaryngology, Federal University of Minas Gerais, Belo Horizonte, Brazil, E-mail: thiagosantos@gmail.com

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DESCRIPTION

Polypoid corditis is a relatively rare but significant disorder that affects the vocal cords, impacting an individual's ability to speak and communicate effectively. This condition is characterized by the development of polypoid growths or lesions on the vocal cords, often resulting in voice changes and discomfort. In this overview, we will delve into the causes, symptoms, diagnosis, and treatment options for polypoid corditis. The exact cause of polypoid corditis is not well-understood. However, it is often associated with vocal cord trauma or excessive vocal strain. Common causes include chronic misuse or overuse of the voice, such as in individuals who engage in professions that require constant speaking or singing, such as singers, teachers, and call center operators.

Symptoms

Polypoid corditis primarily affects the vocal cords, leading to various symptoms. The most common and noticeable symptom is hoarseness or a raspy voice, which can range from mild to severe. Smoking, exposure to irritants, and Gastroesophageal Reflux Disease (GERD) have also been implicated as contributing factors. Individuals with polypoid corditis may experience vocal fatigue after speaking for extended periods. The growths on the vocal cords can limit the range and pitch of an affected person's voice. Patients often report a sensation of discomfort or a lump in the throat. Polypoid corditis can cause the voice to break or crack during speech.

Diagnosis

Diagnosing polypoid corditis typically involves a thorough evaluation by an Ear, Nose, and Throat (ENT) specialist or a laryngologist. The

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diagnostic process may include the following:

Medical history: The doctor will inquire about the patient's medical history, vocal habits, and any relevant symptoms.

Physical examination: A visual examination of the vocal cords using a laryngoscope allows the doctor to identify polypoid growths.

Imaging tests: In some cases, imaging tests like CT scans or MRI scans may be performed to assess the extent of the condition and rule out other potential causes.

Biopsy: In rare instances, a tissue biopsy may be necessary to confirm the diagnosis and rule out the presence of cancerous growths.

Treatments

Treatment for polypoid corditis primarily focuses on alleviating symptoms and addressing the underlying causes. Common treatment options include:

Voice rest: One of the first steps in managing polypoid corditis is vocal rest. This involves avoiding excessive speaking or singing to allow the vocal cords to heal.

Voice therapy: Speech therapy from a licensed speech-language pathologist can help individuals learn proper vocal techniques and reduce strain on the vocal cords.

Medications: In cases related to GERD, medications to reduce stomach acid production may be prescribed.

Surgical removal: When conservative treatments are ineffective, surgical intervention may be necessary to remove the polypoid growths. This procedure is typically performed under general anesthesia and may involve techniques like microsurgery or laser surgery.

Lifestyle modifications: Patients are often advised to make lifestyle changes, such as quitting smoking, managing stress, and staying hydrated, to promote vocal cord health.

CONCLUSION

Polypoid corditis is a relatively uncommon vocal cord disorder that can significantly impact an individual's ability to speak and communicate effectively. While the exact causes are not fully understood, it is often related to vocal cord trauma and excessive strain. Early diagnosis and appropriate treatment, including voice therapy and surgical intervention if necessary, can help individuals regain their vocal function and improve their quality of life. If you or someone you know experiences persistent voice changes or discomfort, seeking medical evaluation and guidance from a qualified healthcare professional is essential for effective management of this condition.