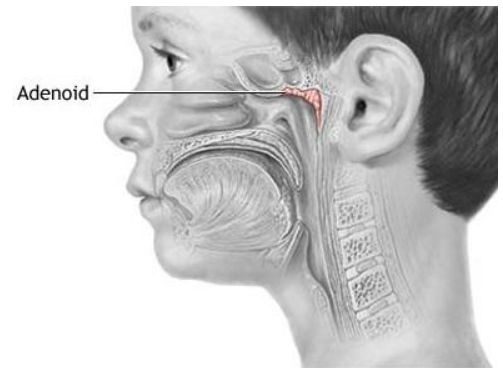


## ADENOIDITIS AND ADENOID HYPERTROPHY

### Where is the adenoid?

The adenoid is a lump of tissue at the back of the nose above the tonsils. In order to see them, your physician can look with a flexible camera in the nose, or may use an x-ray.



### What is the adenoid?

The adenoid is similar to a lymph node. A lymph node contains lymphocytes, which are cells that help to fight infection. The adenoid is a part of a group of lymph tissue that also includes the tonsils. This group is known as Waldeyer's ring. Together, they act to help process infections in the nose and throat.

### What is adenoiditis?

Unfortunately, sometimes the adenoid tissue gets infected and the infection can last for weeks or months. This is called adenoiditis. If you have adenoiditis, you may have a chronically runny or stuffy nose, post-nasal drip, headache or cough.

### How do you treat adenoiditis?

Usually adenoiditis responds to antibiotics taken by mouth. If antibiotics fail to get rid of the infection, the adenoid tissue may have to be removed.

### What is adenoid hypertrophy?

In most children, the adenoid enlarges normally during early childhood, when infections of the nose and throat are most common. They usually shrink as the child gets older and disappear by puberty. In some children, the adenoid continues to become larger and block the passage behind the nose. This can result in snoring, breathing through the mouth, and/or hyponasal speech (sounds like one always has a stuffy nose). Additionally, large adenoids can result in otitis media (middle ear infections) because of blockage of the connection from the middle ear to the back of nose called the eustachian tube.

### When is adenoidectomy (removal of the adenoids) a consideration?

Your doctor may send you to an ear nose and throat specialist to be evaluated for removal of the adenoid.

Some of the guidelines that we follow in order to consider an adenoidectomy are:

1. Chronic infection of the adenoid (sinus-like symptoms) despite adequate treatment.
2. Adenoid hypertrophy (enlargement) causing mouth breathing, nasal blockage, snoring, restless sleep, daytime sleepiness.
3. Recurrent ear infections

**What is involved with removing the adenoids?**

Every patient who is to undergo removal of adenoid tissue is first screened to make sure they are not at an increased risk to have hypernasal speech (sounds like talking through the nose) following surgery. The surgery is done through the mouth under a general anesthetic. The majority of the time cautery (removal with suction and heat) is used to perform the surgery. This results in very little, and many times, no blood loss. This surgery is performed on an outpatient basis and lasts about 20 minutes.