

WHAT IS CHRONIC POLYPOSIS EOSINOPHILIA AND ITS MODERN TREATMENT METHODS, POSTOPERATIVE COMPLICATIONS

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Abstract. Polypous rhinosinusitis is a chronic disease of the mucous membrane of the nasal cavity and paranasal sinuses, characterized by the formation and recurrent growth of polyps consisting of edematous nasal mucosa. Data on the prevalence of nasal polyps vary among different authors and, probably, insignificant official values are only a consequence of insufficient awareness of the population about their health, and the real prevalence of bilateral polypous rhinosinusitis, taking into account preclinical forms, is significantly higher. Removal of polyps in the nose is one of the most frequently practiced ENT surgeries.

Currently, various methods are used for this. Endopolypous laser reduction is a modern and bloodless way to get rid of polyps, which is suitable even for people with contraindications for classical operations.

Keywords: polypous rhinosinusitis, endopolypous, polypotomy, EPLAR, proliferation.

ЧТО ТАКОЕ ХРОНИЧЕСКИЙ ПОЛИПОЗ ЭОЗИНОФИЛИИ И СОВРЕМЕННЫЕ МЕТОДЫ ЕГО ЛЕЧЕНИЯ, ПОСЛЕОПЕРАЦИОННЫЕ ОСЛОЖНЕНИЯ

Аннотация. Полипозный риносинусит — хроническое заболевание слизистой оболочки полости носа и околоносовых пазух, характеризующееся образованием и рецидивирующим ростом полипов, состоящих из отека слизистой оболочки носа. Данные о распространенности полипов носа у разных авторов разнятся и, вероятно, незначительные официальные значения являются лишь следствием недостаточной осведомленности населения о своем здоровье, а реальная распространенность двустороннего полипозного риносинусита с учетом доклинических форм существенно выше. Удаление полипов в носу — одна из наиболее часто практикуемых ЛОР-операций. В настоящее время для этого используются различные методы. Эндополипозная лазерная редукция — современный и бескровный способ избавления от полипов, который подходит даже людям с противопоказаниями к классическим операциям.

Ключевые слова: полипозный риносинусит, эндополипозный, полипотомия, ЭПЛАР, пролиферация.

Laser removal of polyps

Polyposis of the nose and paranasal sinuses (polypous rhinosinusitis) is one of the common causes of difficulty breathing through the nose.

Polyps are benign neoplasms in the form of growths of the mucous membrane of the nasal cavity hanging on a thin stalk. They almost never undergo independent reverse development, tend to grow gradually and can recur.

Removal of polyps in the nose is one of the most frequently practiced ENT surgeries.

Currently, various methods are used for this. Endopolypous laser reduction is a modern and bloodless way to get rid of polyps, which is suitable even for people with contraindications for classical operations.

Nasal polyps: why they occur and how they manifest themselves

The development of nasal polyposis is predisposed by diseases that impede the outflow of lymph, which leads to swelling of the mucous membrane of the nasal cavity:

chronic or frequently recurring rhinitis;

seasonal allergic rhinitis

chronic sinusitis;

curvature of the nasal septum and individual anatomical features in the facial skull area;

pregnancy, during which non-infectious swelling and proliferation of the nasal mucosa often occur;

some diseases accompanied by dysfunction of the mucous membranes (for example, cystic fibrosis).

Nasal polyps lead to difficulty in nasal breathing and deterioration of the sense of smell, even in the absence of a runny nose. A person with nasal polyps may also experience snoring, recurrent mucous or mucous-bloody discharge from the nose, a nasal voice, and headaches.

Why is it necessary to remove nasal polyps?

Nasal polyps are benign tumor-like formations. Their presence does not pose an immediate threat to life and is not a reason for emergency intervention. However, most patients with polyposis receive recommendations from a doctor to remove polyps with a laser or other method. This is due to the negative impact of these formations on the condition of the ENT organs and general health.

Severe impairment of nasal breathing affects the quality of night sleep, changes the natural ventilation of the paranasal sinuses and significantly worsens a person's quality of life.

Polyposis also maintains chronic inflammation in the nasal cavity and paranasal sinuses, increases the risk of frequent infectious and inflammatory diseases of the oropharynx and lower respiratory tract, contributes to the complicated course of bronchial asthma and prolonged allergic rhinitis.

Removal of nasal polyps in combination with conservative therapy allows you to break this pathological circle and restore nasal breathing.

What do doctors suggest to get rid of nasal polyps?

Currently, various methods are used to treat polyposis:

polyp removal (polypotomy) using a polyp loop - a special tool for cutting and tearing out the stalk of a protruding neoplasm;

endoscopic polyp removal using a shaver - a device for destroying and extracting excessively overgrown tissue;

cryosurgical method, used infrequently;

laser polyp removal, which involves layer-by-layer evaporation (vaporization) of tissue or cutting off large dense formations;

endopolyposis laser reduction, which creates conditions for subsequent spontaneous rejection of polyps.

Polypotomy is the most accessible and common operation. But its significant disadvantages are the need to use fairly strong anesthesia, trauma, and the possibility of postoperative bleeding. After such an operation, there is a fairly high risk of relapse, which is associated with repeated tissue proliferation at the site of the remaining intact base of the polyp.

Laser or shaver polyp removal are more modern and less traumatic methods. However, their use is limited in patients with multiple polyposis, severe cicatricial tissue changes, bronchial asthma and blood clotting disorders. But laser reduction is acceptable for them.

What is laser reduction?

Endopolyposis laser reduction (EPLAR) is a bloodless, painless and minimally traumatic way to get rid of nasal polyps. In this case, the neoplasms are not removed at once. The patient leaves the clinic without seeing with his own eyes the main cause of his breathing difficulties.

And after a while, the polyp simply falls off without any additional manipulations.

The essence of laser reduction is the impact of a low-power laser on a polyp, which leads to irreversible changes in its proteins and the desolation of blood vessels. Deprived of blood supply, polypous tissues begin to die.

The polyp gradually shrinks and is rejected, which does not cause any discomfort to the patient and does not lead to destabilization of his somatic condition.

This is the method most often used to treat nasal polyposis at the Korenchenko Clinic in St. Petersburg.

With the help of laser reduction of excessively overgrown tissues, even patients who are contraindicated for other surgical treatment methods can get rid of polyps.

Complication:

Bleeding: One of the most common complications after polypectomy is bleeding from the nasal passages. ...

Infection: After polypectomy, an infection in the nasal passages may occur. ...

Recurrence of polyps: In some cases, polyps may return after polypectomy.

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