

CONTACT ULCER / GRANULOMA

I RISK FACTORS :-

1. faulty voice production, male lawyers, teachers
2. Chronic coughing, throat clearing
3. Reflux laryngitis
4. Psychological stress / conflict
5. Caffeine, alcohol, late night eating

II PATHOGENESIS

Above agents cause

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Vigorous hammering of vocal process of arytenoids against each other

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Causes trauma

Inflammation of overlying mucosa & perichondrium

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Heaped-up granuloma / ulcers

III SYMPTOMS

1. unilateral mild pain over thyroid cartilage
2. low-pitched voice
3. heartburn (GERD) PCLH#
4. hoarseness
5. constant desire to clear throat / cough

IV SIGNS

1. low frequency monotone husky voice held back quality; constrained emphasis
2. Unilateral ulcer with whitish exudate or bilobed heaped-up lesion at the vocal process
3. Congestion of arytenoid mucosa

V TREATMENT

1. Medical Antireflux therapy
(even in those with no % reflux)
2. Behavioral Voice therapy to abolish throat clearing, raise average pitch for voice,
3. Steroid injection into the lesion and area around base done videoesoscopically
(works well for ~~ulcers~~ granulomas)
4. Surgery i; Microsurgical removal; limited removal; leave base & pedicle intact
 ii; Recurrence predictable