

BILATERAL DIFFUSE POLYPOSIS

SYNONYMS :- Smoker's polyps
Reinke's edema

DEFINITION :- It is the collection of fluid in the Reinke's space secondary to long-standing smoking & voice abuse.

RISK FACTORS :- Middle aged women
Talkativeness (Voice overdoers)
Long-term smoking

PATHOGENESIS :

Long-term smoking + Voice abuse



Vascular congestion & venous stasis



Edema of Reinke's space



Polypoidal changes → becomes permanent.

SYMPTOMS :-

- i, female patients - complaining of male voice
- ii, hypermasculine voice with large polyps
- iii, increased hoarseness during day Raspy voice

V

LARYNGEAL EXAMINATION :-

- i, diffuse symmetrical swellings on superior surface and margins of folds
(pale, watery bags of fluids)
- ii, small polyps → ask pt to "inspiratory phonation"
polypoidal tissue drawn from superior surface to glottic aperture
↓
Visible as greater convexity of margin
- iii, vocal capability battery → ↑ vitalisation

VI

TREATMENT

- i, Medical → Antireflux, Hydration
Treat allergy
STOP SMOKING
Rule out hypothyroidism
- ii, Behavioural → short term voice therapy for optimal voice behaviour
- iii, Surgery → Microsurgical polyp reduction with mucosal sparing
(no stripping of vocal cords that causes aphonia, high, husky voice)

Grading Reinke's edema

- I marginal edge edema
- II obvious sessile swelling, thrown over vocalis \bar{i} inspiration
- III large bag like swelling filled with fluid
- IV partially obstructing lesion; medial borders in contact along most of its length

surgery indications

- i, gross edema causing choking
- ii, pitch elevation in voice required

surgery principles

- i, obtain straight mucosal edge by reducing bulk of mucosa
- ii, avoid damage & exposure to underlying ligament
- iii, myxomatous material from superficial layer of lamina propria removed