

Quality of life of chronic rhinosinusitis with allergic rhinitis patients following immunotherapy

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ABSTRACT

Introduction: Chronic rhinosinusitis without nasal polyposis (CRSsNP) and allergic rhinitis (AR) are a commonly diagnosed upper airway disease in the worldwide population. Allergen immunotherapy has proven to be efficacious in treating AR. The aim of this study was to investigate the effect of allergen immunotherapy in the quality of life (QoL) in CRSsNP patients with underlying AR. **Methods:** This was a prospective study involving CRSsNP patients with positive skin prick test (SPT) towards house dust mite (HDM). A baseline QoL assessment via Sinonasal Outcome Test 22 (SNOT-22) and objective tool using peak nasal inspiratory flow (PNIF) were recorded and patients were followed up at 1, 3 and 6 months for subsequent reassessment. **Results:** A total number of 78 patients were enrolled in the study that demonstrated significant improvement in the QoL through SNOT-22 ($p < 0.05$). Objective PNIF revealed improvement in the sinonasal passage with mean score (176.1, ± 46.15 , $p=0.001$). **Conclusion:** SLIT is an effective therapy in treating CRSsNP and subsequently improved the QoL of the patients.

Outcome of laryngeal squamous cell carcinoma: A retrospective study in a single centre

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ABSTRACT

Introduction: Laryngeal carcinoma is 10th common carcinoma in Malaysia. In otolaryngology it is the second most common after nasopharyngeal carcinoma. Diagnosis at early stage held better prognosis compared to late detection. The present study is aimed to assess the outcome of laryngeal carcinoma patients in Hospital Taiping from 2010 until 2017. **Method:** Retrospective study extracting data of patients with laryngeal squamous cell carcinoma (SCC) focusing on demographics, stage of presentation and treatment received in Hospital Taiping between 2010-2017. Data was collected from clinic, admission and operative notes which subsequently was analyzed with statistical package for the social sciences (SPSS) version 21. **Results:** Total 41 patient's data was extracted with male to female ratio of 40:2. Median age is 67 years old. The patients were predominantly of Chinese ethnicity with $n=18$ (43.9%), followed with Malay $n=12$ (29%) then Indian $n=11$ (26.8%). Most of them present at T3 $n=19$ (46.3%), then T4 $n=15$ (37.5%). In term nodal involvement patients present with N0, N1 and N2 were 27 (67.5%), 8 (19.5%) and 6 (15%) respectively. Only 2 patients presented with systemic metastatic disease. Twenty four patients underwent total laryngectomy with 45% of them being T3, 50% of them was T4 and 4% of T2. Three patients underwent laser cordectomy for stage T1 ($n=2$) and T3 ($n=1$). All patient post operatively given concurrent chemoradiotherapy except 4 who refused. Fifty eight percent of patient undergoing total laryngectomy was complicated with surgical site infection while 29% had pharyngocutaneous fistula. **Conclusion:** Most patient presented with advanced stage of laryngeal SCC leading to laryngectomy being the most common method of treatment. Therefore early detection and community education should be emphasized.