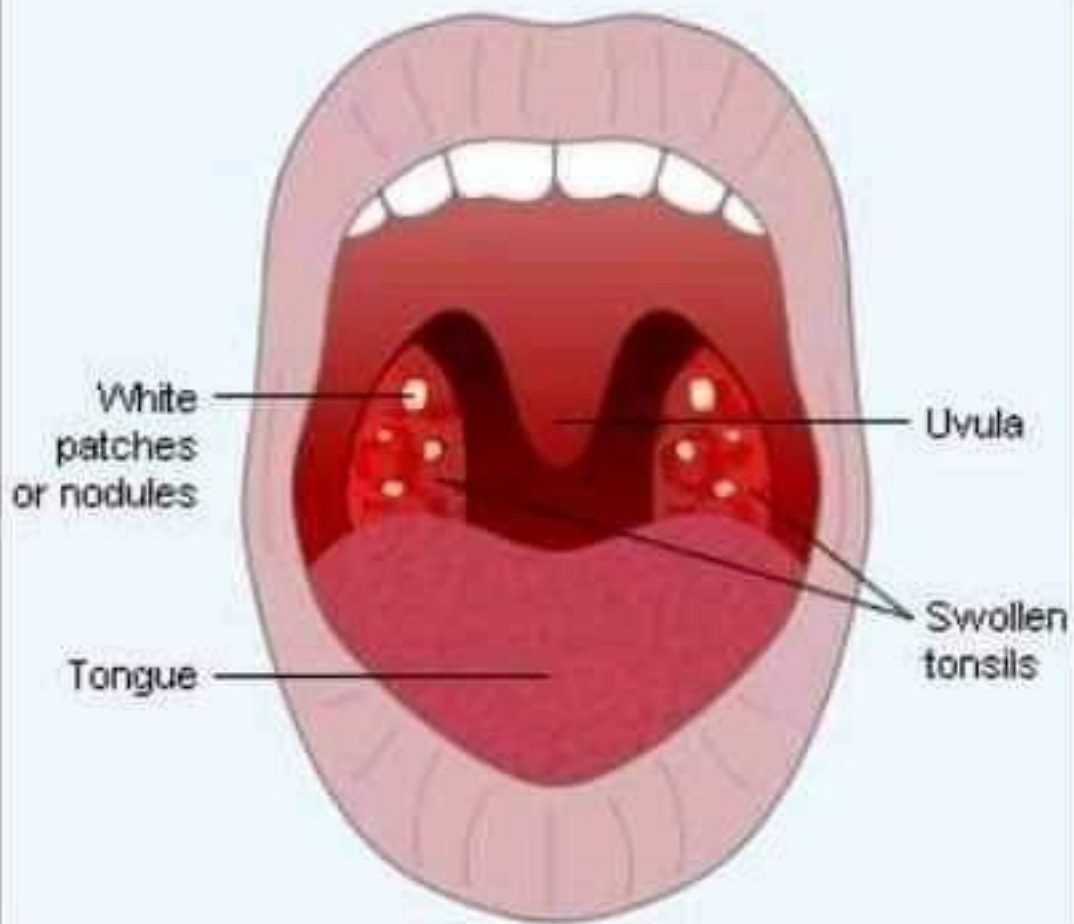


TONSILLITIS

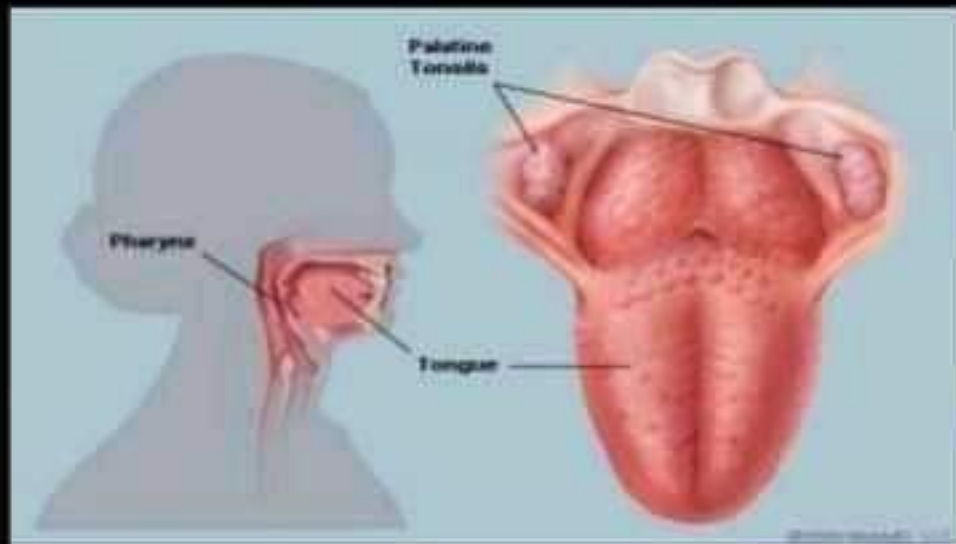
- Inflammation or infection of the tonsils is medically termed as **Tonsillitis**.
- Tonsils are protective (lymph) glands that are situated on both sides in the throat.
- The tonsils constitute an important part of the body's immune system and are vital defense organs.
- They protect the body from bacteria and viruses by fighting these as soon as they enter the body (via the oral / nasal cavity).

TONSILLITIS



ANATOMY

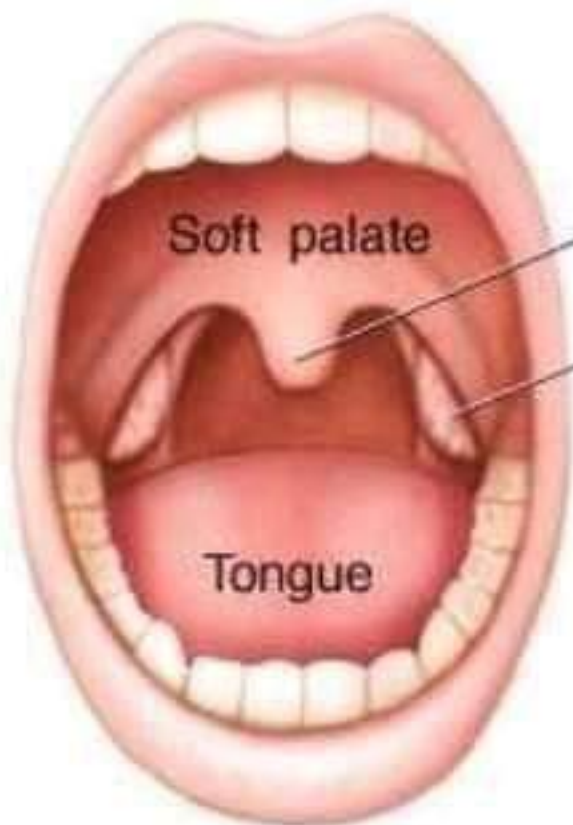
- In the normal state, tonsils are pink in color (similar to their surroundings tissues) and about the same size.
- The tonsils along with adenoids are said to form the 'first line of defense' against infective organisms.



PATHOLOGY

- When the tonsils get inflamed, they become red, swollen and may develop pus pockets that start exuding a discharge.
 - In cases with recurrent infections, the tonsils may become so swollen over a period of time so as to almost touch each other.
 - Tonsillitis is very common amongst children.
 - No particular gender predilection is seen in cases of tonsillitis.
-

Normal tonsils



Inflamed tonsils



Soft palate

Uvula

Tonsil

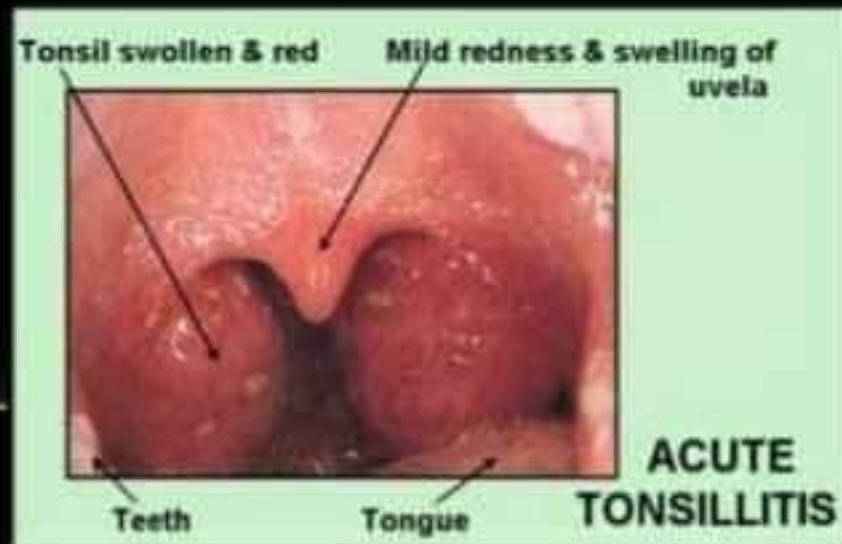
Tongue

CAUSES

- Bacterial and viral infections can cause tonsillitis through droplet infection.
- A common cause is Streptococcus bacteria.
- Other common causes include:
 - Adenoviruses
 - Influenza virus
 - Epstein-Barr virus
 - Parainfluenza viruses
 - Enteroviruses
 - Herpes simplex virus

SIGNS

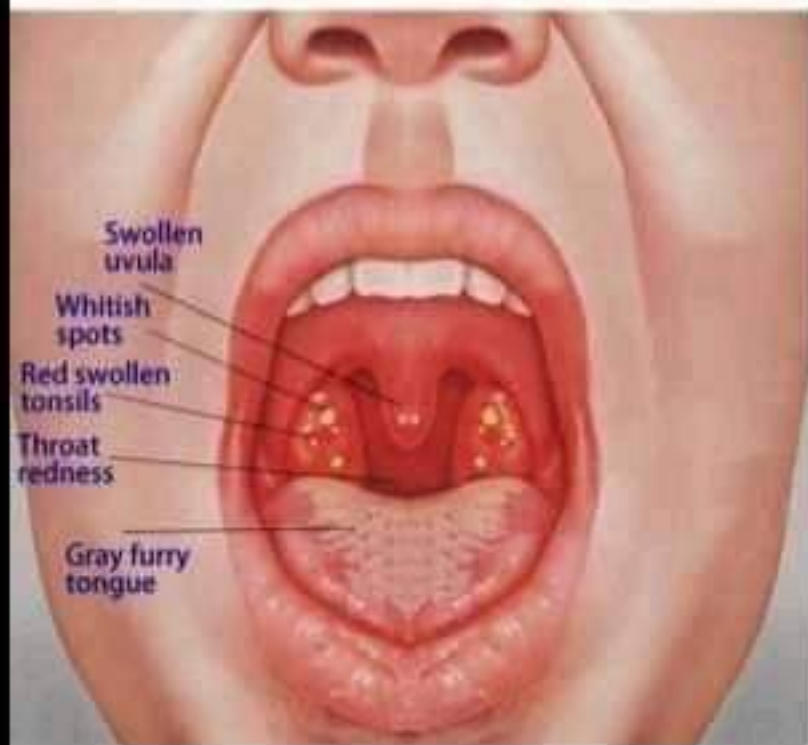
- ❖ Red and swollen tonsils
- ❖ White spots (specks or patches) on the tonsils
- ❖ Enlarged lymph nodes in neck region
- ❖ Bad and foul breath
- ❖ Cough
- ❖ Running Nose



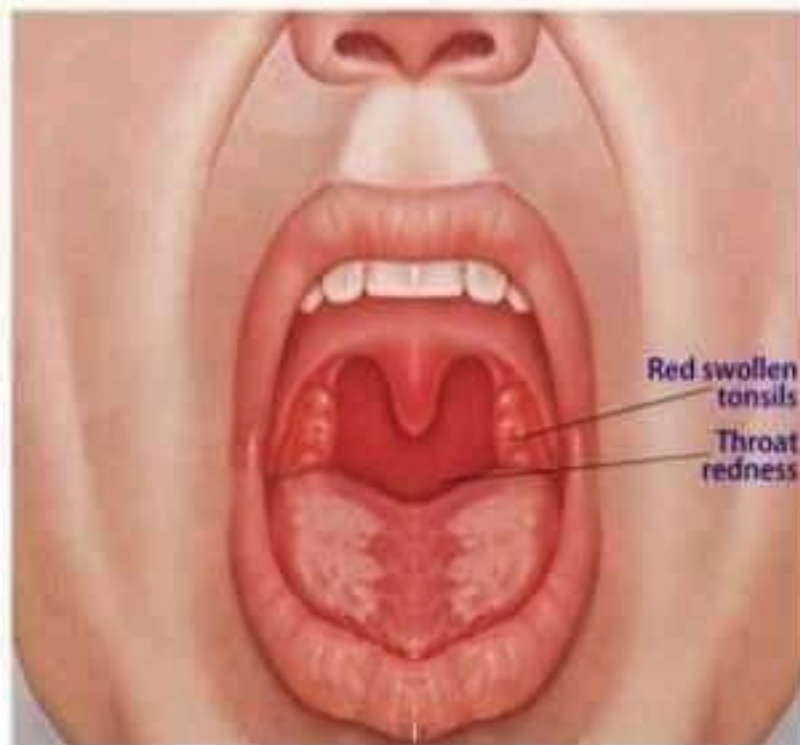
TRIGGERING FACTORS

- Foods with artificial colors and preservatives.
 - Peanuts.
 - Cold foods, cold drinks, Ice creams.
 - Changes of weather.
 - Extremely cold climate,
 - Damp weather.
 - Exposure to a lot of pollution.
 - Sour fruits, lemon, pineapple, grapes, oranges.
-

Bacterial



Viral



SYMPTOMS

- Soreness of throat
- Difficulty in swallowing or painful swallowing of food and drinks
- Pain / discomfort while swallowing saliva
- Change of voice
- Pain in the ears (due to common nerve supply of the back of the throat and ears)
- Headache
- Malaise, tiredness
- Difficulty in taking feeds in babies - this may be the sole indicator in some cases of tonsillitis in infants

CATARRHAL TONSILLITIS

- When tonsils are inflamed as part of the generalised infection of the oropharyngeal mucosa it is called **catarrhal tonsillitis**.



MEMBRANOUS TONSILLITIS

- Some times exudation from crypts may coalesce to form a membrane over the surface of tonsil, giving rise to clinical picture of membranous tonsillitis.



DIAGNOSIS

➤ Examination of the throat in tonsillitis:

- Redness and swelling of the tonsils
- Pus pockets on the tonsils
- Discharge from the tonsils
- In case of peritonsillar abscess, there may be a shift of the involved tonsil towards the center of the throat. The uvula may be shifted towards the opposite side (away from the affected tonsil).



PARENCHYMATOUS TONSILLITIS

- When the whole tonsil is uniformly congested and swollen it is called acute parenchymatous tonsillitis



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