



الشراكة الطلابية

مشروع التثقيف الصحي Health Education Project

Tonsillitis



What are The Tonsils?

The tonsils are two clumps of tissue, on either side of the throat, embedded in a pocket at the side of the palate (roof of the mouth).

The tonsils have a defensive function by producing antibodies against the organisms that enters the body through the upper respiratory tract.

What are The Causes of Tonsillitis?

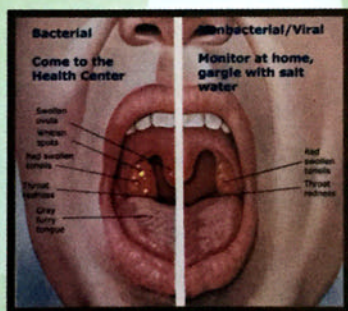
Whether viral or bacterial, tonsillitis is transmitted most commonly from one person to another by social contact such as droplets in the air from sneezing. Most of the time, tonsillitis is caused by a viral infection.

Bacterial tonsillitis can be caused by *Streptococcus Pyogenes*, the organism that causes strep throat. If left untreated, strep throat may lead to a more serious condition called Rheumatic Fever, which can affect the heart's valves several years later. Untreated strep throat can also cause kidney complications.

Viral tonsillitis is usually mild and the infection resolved after 3 - 4 days. But there is a virus called Epstein Barr virus (EBV) causes a disease called infectious mononucleosis, this disease resembles symptoms of tonsillitis but doesn't respond to antibiotics and usually takes 3 - 4 weeks to resolve.

What are The Symptoms of Tonsillitis?

- Sore throat.
- Difficulty feeding (in babies).
- Pain with swallowing.
- Fever.
- Headache.
- Abdominal pain.
- Nausea and vomiting.
- Cough.
- Hoarseness.
- Runny nose.
- Redness of the tonsils and throat.
- Tenderness in the glands of the neck (swollen lymph glands).
- White patches on the tonsils.



How the Diagnosis Made?

The physician diagnose tonsillitis by examining the patient and taking a throat swap for bacterial culture to decide the treatment plan.

What is The Treatment?

- Bed rest.
- Throat pain and fever may be improved with over-the-counter pain relievers such as ibuprofen or paracetamol.
- Ease sore throat pain by gargling frequently with warm salt water.
- Drink plenty of clear liquids to avoid dehydration.
- Antibiotics if the tonsillitis is bacterial. The best antibiotic is penicillin which is usually given for 10 days. If the patient is allergic to penicillin, erythromycin is an alternative.
- In some cases surgical removal of the tonsils (tonsillectomy) is needed. But usually avoided especially in young children as the tonsils have an important defensive mechanism.

What are The Indications of Tonsillectomy?

- Recurrent tonsillitis more than 3 times a year despite medical treatment.
- Hypertrophied tonsils that leads to airway obstruction or sleep apnea.
- Developing an abscess.
- If cancer is suspected.

For more info please visit: www.hep-ksu.info or contact: 014786100 ext 1422



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