

Adenoids in Adults

TAREK S. JAMAL,

Department of Otorhinolaryngology, Faculty of Medicine & Allied Sciences, King Abdulaziz University, Jeddah, KSA

Abstract

This is a prospective study of one hundred patients (18-38 yrs) with nasal obstruction as their main complaint. They were investigated clinically to verify the presence of adenoid enlargement, including nasal endoscopy and plain X-ray to the nasopharynx (soft tissue neck lateral view). Enlarged adenoid was diagnosed in seven (7%) patients. They were visualized endoscopically, shown radiologically and confirmed by histopathology. Adenoidectomy successfully relieved the patient's symptoms without recurrence for the follow-up period of an average of 18 months. Nasal endoscopic examination should be included in the diagnostic work-up of nasal disorders. If not available, X-ray to nasopharynx should be included in the investigation of adult patients with nasal obstruction. The diagnosis of adenoid enlargement in adults should not be disregarded on account of age only.