



## Editor's note on Introduction of laryngology

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**Accepted:** September 25, 2021

### Editorial

Laryngology is the branch of medicine that deals with laryngeal diseases and injuries (often called the voice box). The ear, nose, and throat are the focus of this subspecialty of otolaryngology. The vocal chords are held in the voice box, which is positioned on the front of the neck. It is in charge of producing sound and swallowing. Laryngitis, vocal cord nodules, and laryngeal cancer are just a few of the disorders that can affect the larynx. You may be sent to a laryngologist if you have a problem with your larynx, also known as the voice box. The ear, nose, and throat department has a specialist called laryngology (otolaryngology). Laryngologists are medical professionals that specialise in the treatment of problems that affect your larynx.

The larynx (voice box) is located in the front of your neck. It is crucial for voice production and swallowing and holds your vocal chords. It also serves as the entrance to the windpipe and is vital to your airway.

Other variables can also have an impact on the larynx. Surgical procedures such as thyroid, heart, thoracic, spine, and vascular surgery are examples. The installation of a breathing tube during anaesthesia or hospitalisation can also cause an issue with the larynx. Vocal abuse, misuse, and overuse can result in some benign vocal cord diseases. Several laryngeal problems can be induced by tension or injury to the voice cords as a result of things like:

- Talking too much.
- Clearing of the throat.
- Coughing.
- Smoking.
- Screaming.
- Singing.
- Speaking too loudly or even too quietly is not a good idea.

Frequent vocal abuse and overuse might eventually lead

to alterations in voice function and hoarseness. If your hoarseness persists for more than two to four weeks without a clear cause, you should see an ear, nose, and throat specialist (otolaryngologist).

Abuse, misuse, or overuse of your voice can result in the following disorders:

**Laryngitis:** The inflammation (swelling) of the vocal chords is known as laryngitis.

**Vocal cord nodules:** Small, benign, callus-like inflammatory lesions (growths) arise on your focal cords with this disorder. The most common non-cancerous vocal lesions are nodules. Vocal cord nodules are most common in professional singers and persons who have a lot of vocal demands (teachers, lawyers, and salespeople).

**Vocal cord polyps:** These lesions on the vocal cords are usually produced by an injury (post-traumatic) or an inflammatory process. They are caused by a vocal cord damage caused by prolonged coughing or severe vocal cord demand. Smokers are more likely to develop polyp-like alterations to their vocal cords.

**Vocal cord haemorrhage:** If you have a vocal cord haemorrhage, you may lose your voice suddenly. Screaming, shouting, or other vocal tasks that require a lot of effort might trigger this. A haemorrhage occurs when one or more of the blood vessels on the surface of the vocal cord rupture, allowing blood to enter the soft tissues of the vocal cord. It's best to keep your voice quiet while the haemorrhage subsides.

The therapy options for laryngeal problems vary depending on the diagnosis. If your illness is the result of vocal abuse, misuse, or overuse, resting your voice for a short amount of time may be all that is required. To help you fully heal, your practitioner may also recommend voice or singing therapy. A speech-language pathologist is usually the one who performs this therapy.