



Diseases of the Lymphoepithelial Pharyngeal Ring and Neck

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Some features of chronic throat diseases according to preventive medical examinations.

Diseases of the throat are widespread.

The aim of the study: Within the framework of a multicenter epidemiological study, to identify some epidemiological features of chronic throat diseases in individuals undergoing scheduled general annual preventive medical examinations.

Material and methods. The study presents the results of a survey of 536 people over 18 years old, conducted in medical institutions in Novosibirsk, Barnaul, and Kemerovo under the supervision of departmental staff. The survey was conducted for 10 days of each month (from January to December) during 2024. In addition to the passport section, the questionnaire included questions regarding complaints from the throat and ENT organs; a history of surgical interventions on the lymphoid pharyngeal ring; the presence of somatic pathology; data from the examination by an otorhinolaryngologist. Chi-square statistics were used for data processing. Differences were considered statistically significant at $p < 0.05$.

During the observation period, 536 questionnaires were collected, of which 300 were filled out by women aged 18–73 years (average age 47.00 ± 13.00 years), and 236 were filled out by

men aged 18–79 years (average age 46.00 ± 13.00 years). In total, individuals without complaints from the ENT organs and without established pathology of the ENT organs accounted for 163 people (30.41%), while those with established pathology of the ENT organs accounted for 373 patients (69.59%). Previously established comorbid somatic pathology was absent in 326 (60.82%) individuals and present in 210 (39.18%) individuals. Complaints from the nose regarding constant or frequent nasal congestion were noted by 184 respondents, and constant rhinorrhea by 57 respondents — a total of 207 people (38.61% of the total number of questionnaires). Among those with nasal complaints, 84 were men (35.59% of the number of men) and 123 were women (41% of the number of women), ($\chi^2 = 1.62$ at χ^2 critical = 1.074, $df = 1$, $\alpha = 0.05$; $p < 0.3$). No statistically significant gender differences were found.

Frequent complaints from the throat of a recurrent or chronic course for more than one year were noted by 216 women (72% of the number of women) and 116 men (49.15% of the number of men). Women significantly more often reported complaints from the throat than men ($\chi^2 = 18.11$ at χ^2 critical = 6.6, $df = 1$, $\alpha = 0.05$; $p < 0.01$). Women significantly more than men noted in somatic pathology the combination of chronic gastrointestinal diseases and arterial hypertension ($\chi^2 = 4.1$ at χ^2 critical = 3.84, $df = 1$, $\alpha = 0.05$; $p < 0.05$).

When determining the leading complaint from the throat, a gender dependence was established (Table). It was found that women complain significantly more often about tickling, discomfort, frequent pain, and a lump in the throat. Dryness in the throat was noted equally by men and women. Surgical intervention on the lymphoid pharyngeal ring was noted by 121 respondents (22.57%). Adenotonsillectomy in childhood was performed in 72 respondents, of which adenotonsillectomy was performed in 21 individuals. Tonsillectomy was noted in the history of 49 respondents, of which: adenotonsillectomy, then tonsillectomy — in 4. A scar after the opening of a peritonsillar abscess was found in 3 individuals (0.56% of those examined). Surgical interventions on the lymphoid pharyngeal ring were significantly more often found in the history of examined individuals without pharyngeal syndrome, which can definitely be regarded as a positive long-term result of surgical treatment (Table 2). The tonsils were preserved in 480 (89.55%) individuals. The size of the tonsils was determined as normal (tonsil within the tonsillar niche, while the anterior and posterior arches are visible throughout) in 155 individuals. In 269 cases, the 1st degree was established; 2nd degree — 46 cases; 3rd degree was not detected; the tonsils were reduced in 7 individuals. . Two or more signs of chronic tonsillitis.

At the time of examination, tonsillitis was identified in 32 individuals. The official diagnosis of chronic tonsillitis is present in the outpatient records of 76 individuals. The condition of the lateral pharyngeal folds is assessed as “visualized, not enlarged”.

Results of the Study

Chronic pharyngeal diseases are widespread and more often trouble women. Gender and age characteristics of the leading complaints from the pharynx have been identified.

Conclusions

According to the conducted medical examinations, 536 individuals with chronic pharyngeal diseases are troubled by 61.94% of the examined residents of the cities of Western Siberia. Women more often than men experience complaints from the pharynx. Chronic pharyngeal diseases are accompanied by mild hypersalivation, which can be used as an auxiliary objective sign of existing deviations. The study continues.