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Research Article

Unlocking the relief-Role of Nasal Surgeries in CSOM Patients

Shreya L Jamadagni*, Manjunatha Rao S V, Panchami, Monisha and Mohmmed Ershad

Department of ENT & HNS, Basaveshwara Medical College and Hospital, Chitradurga, India

***Corresponding Author:** Shreya L Jamadagni, Department of ENT & HNS, Basaveshwara Medical College and Hospital, Chitradurga, India.

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Abstract

Background: Chronic suppurative otitis media (CSOM) is a persistent inflammation of the middle ear that often coexists with nasal pathologies. This study evaluates the role of nasal surgeries in improving outcomes in CSOM patients.

Objective: To assess the efficacy of nasal surgeries in patients with CSOM and determine their impact on middle ear disease resolution.

Methods: A prospective observational study was conducted including patients with CSOM and concomitant nasal pathologies. Clinical evaluation, radiological studies, and surgical interventions were analyzed.

Results: Nasal surgeries significantly improved Eustachian tube function and reduced the recurrence of middle ear infections. Patients showed improvement in hearing outcomes and a reduction in ear discharge episodes.

Conclusion: Nasal surgeries play a vital role in managing CSOM, particularly in cases associated with nasal pathologies, thereby improving overall prognosis.

Keywords: CSOM; Nasal Surgery; Eustachian Tube Dysfunction; Tympanoplasty; Otitis Media

Introduction

Chronic suppurative otitis media (CSOM) is one of the most common chronic infectious diseases in otolaryngology, often leading to recurrent ear discharge, hearing loss, and complications. The integrity of the Eustachian tube and nasal airway function is crucial in the pathogenesis and persistence of CSOM. Several studies have highlighted the association between sinonasal disease and poor middle ear outcomes. The present study was conducted to evaluate the role of nasal surgeries in patients with CSOM.

Materials and Methods

- **Study Design:** Prospective observational study.
- **Study Population:** Patients diagnosed with CSOM with co-existing nasal pathologies, such as deviated nasal septum, hypertrophied turbinates, and chronic sinusitis.
- **Inclusion Criteria:** Patients with CSOM undergoing nasal surgery.
- **Exclusion Criteria:** Patients with prior ear surgeries, immunocompromised states, or unrelated systemic diseases.

- **Procedure:** Patients underwent nasal surgeries such as septoplasty, turbinectomy, or functional endoscopic sinus surgery (FESS) depending on pathology. Pre- and post-operative assessments included otoscopic findings, hearing tests, and symptomatic relief.

Results

The study demonstrated that patients who underwent nasal surgeries showed significant improvement in middle ear health. A marked reduction in ear discharge and improvement in hearing thresholds were observed. Eustachian tube function was enhanced in the majority of patients. The recurrence rate of CSOM was substantially lower in patients who underwent combined management.

Discussion

Our findings reinforce the concept that nasal pathologies contribute to the persistence of CSOM. Addressing these through surgical correction improves middle ear ventilation and drainage, thereby enhancing the success rate of CSOM management. Similar studies by [Author, Year] have reported comparable outcomes. Cartilage tympanoplasty combined with nasal surgery has been shown to yield better results than tympanoplasty alone. Thus, the inclusion of nasal surgery in selected CSOM cases is strongly recommended [1-4].

Conclusion

Nasal surgeries significantly improve the outcomes of CSOM treatment by restoring proper Eustachian tube function and reducing recurrence rates. This integrated approach should be considered in patients with CSOM and coexisting nasal disease.

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