



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

**INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH**

*International Journal of Current Research*  
Vol. 13, Issue, 06, pp.18004-18005, June, 2021

DOI: <https://doi.org/10.24941/ijcr.41099.06.2021>

RESEARCH ARTICLE

OPEN ACCESS

## ANALYSIS OF CLINICAL PROFILE OF PATIENTS WITH CHANGE OF VOICE TO FIND OUT INCIDENCE OF THEIR COMMON PREDISPOSING AND AETIOLOGICAL FACTORS

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### ARTICLE INFO

#### Article History:

Received 17<sup>th</sup> March, 2021  
Received in revised form  
25<sup>th</sup> April, 2021  
Accepted 14<sup>th</sup> May, 2021  
Published online 30<sup>th</sup> June, 2021

#### Key Words:

Change of Voice, Vocal Cords,  
Aetiological Factors.

### ABSTRACT

Voice is an integral part of human attribute known as speech. A person with voice problem may present with hoarseness, voice fatigue, breathy voice etc. change of voice is just a symptom, but dysphonia is a diagnosis. This study was carried out in the department of ENT, C. U. Shah medical college and hospital. A total 100 cases were studied. Patients (both male and female) presenting with hoarseness of voice were studied. We found total of 178 complaints from 100 patients. Few patients had two or more than two complaints at the time of examination. Change of voice was the commonest presenting symptom in 92 cases(92%). Other complaints included vocal fatigue(10%) and two cases had aphonia.

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**Citation:** Dr. Drashti Satani. "Analysis of clinical profile of patients with change of voice to find out incidence of their common predisposing and aetiological factors", 2021. *International Journal of Current Research*, 13, (06), 18004-18005.

## INTRODUCTION

Voice is an integral part of human attribute known as speech. A person with voice problem may present with hoarseness, voice fatigue, breathy voice etc. change of voice is just a symptom, but dysphonia is a diagnosis. Hoarseness is most often associated with the abnormalities of vibratory margins of the vocal cords. It is a most common presenting symptom for serious conditions which needs to be ruled out. Benign conditions are more common than malignant. Change of voice is important symptom of laryngeal disease. If the change of voice persists for more than 2 weeks, then it should be investigated properly to find the cause. Change of voice can be divided into acute and chronic onset:

The acute onset of change of voice can be secondary to viral infection, voice abuse or trauma to larynx and thyroid surgery.

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The chronic onset maybe due to vocal polyps, vocal cord nodules, laryngeal papillomatosis, laryngeal neoplasm, tumors of vocal cords, smoking, vocal abuse, GERD, systemic diseases like DM, TB, etc.

## METHODS

- )] This study was carried out in the department of ENT, C. U. Shah medical college and hospital. A total 100 cases were studied. Patients (both male and female) presenting with hoarseness of voice were studied.
- )] Detailed history was taken followed by thorough ENT and systemic examination and clinical diagnosis was made in support with relevant investigation.
- )] Indirect laryngoscopy and video laryngoscopy under local anesthesia was carried out in all 100 patients as apart of local examination.

Out of which, many patients required surgical intervention for therapeutic purposes.

## RESULTS

### PRESENTING COMPLAINTS

| Complaints             | No. Of patients |
|------------------------|-----------------|
| Hoarseness of voice    | 92              |
| Foreign body sensation | 25              |
| Breathiness            | 23              |
| Stridor                | 06              |
| Dysphagia              | 08              |
| Vocal fatigue          | 10              |
| Trauma to neck         | 02              |
| Neck swellings(2°)     | 10              |
| Aphonia                | 02              |
| Total complaints       | 178             |

### INDIRECT/ VIDEOLARYNGOSCOPIC DIAGNOSIS:

| Diagnosis          | No. Of patients (%) | Male | Female |
|--------------------|---------------------|------|--------|
| VC polyp           | 10                  | 08   | 02     |
| VC nodule          | 04                  | 02   | 02     |
| VC edema           | 04                  | 02   | 02     |
| Acute laryngitis   | 11                  | 05   | 06     |
| Chronic laryngitis | 06                  | 02   | 04     |
| Carcinoma larynx   | 15                  | 15   | 00     |
| VC leukoplakia     | 03                  | 03   | 00     |
| VC paralysis       | 33                  | 16   | 17     |
| Functional lesion  | 14                  | 07   | 07     |
| Total              | 100                 | 60   | 40     |

### CHANGE OF VOICE IN RELATION TO PREDISPOSING FACTORS:

| Diagnosis          | Predisposing factors |             |         |                  |               |
|--------------------|----------------------|-------------|---------|------------------|---------------|
|                    | Intubation           | Vocal abuse | Smoking | Alcohol/ tobacco | Thyroidectomy |
| VC polyp           | -                    | 04          | 03      | 04               | -             |
| VC nodule          | -                    | 04          | 01      | 01               | -             |
| VC edema           | -                    | 01          | 01      | -                | -             |
| Acute laryngitis   | -                    | 03          | 01      | -                | -             |
| Chronic laryngitis | -                    | -           | 02      | -                | -             |
| Carcinoma larynx   | 01                   | -           | 05      | 11               | -             |
| VC leukoplakia     | -                    | -           | 01      | 03               | -             |
| VC paralysis       | 05                   | 07          | 11      | 05               | 08            |
| Functional lesion  | -                    | -           | 05      | -                | -             |

## DISCUSSION

- ) We found total of 178 complaints from 100 patients. Few patients had two or more than two complaints at the time of examination. Change of voice was the commonest presenting symptom in 92 cases(92%). Other complaints included vocal fatigue(10%) and two cases had aphonia.
- ) Other associated symptoms were dysphagia in 8 cases(8%), foreign body sensation/irritation in throat in 25 cases(25%), neck swelling/secondaries in 10 cases(10%) and breathiness in 23 cases(23%). 2 cases(2%) were of laryngeal trauma.

- ) In this study 10% cases of VC polyps were responsible for hoarseness of voice with M:F ratio 4:1 while 4% cases of VC nodules were responsible for hoarseness of voice with M:F ratio 1:1. 1% cases of acute laryngitis and 6% cases of chronic laryngitis were responsible for hoarseness of voice with male to female ratio (1:1.4).
- ) Malignancies of larynx/ laryngopharynx comprised of 15% of cases of hoarseness of voice. 33% cases of vocal cord paralysis were responsible for hoarseness of voice with male predominance was seen with male to female ratio as 1.2:1. In present study, functional voice disorders (14%). Smoking in cases was the commonest factor followed by alcohol intake, tobacco chewing, vocal abuse, thyroidectomy and intubation.

### CONCLUSION

Hoarseness of voice is just a symptom with a very diverse etiology. The etiological data varies in different geographical location and from one center to other. Symptom of hoarseness of voice should never be ignored as it is the most common symptom in laryngeal malignancy. Any patient with hoarseness should be thoroughly investigated to rule out malignant conditions and conditions that might cause respiratory distress leading to life-threatening complications.

### IMPLICATION OF RESEARCH:

The present study is an attempt to analyse the clinical profile, incidence of common etiological factors and the association of common predisposing factors of hoarseness of voice.

### ACKNOWLEDGEMENT

Gratitude is the fairest blossom which springs from the soul. I would like to thank my Professor and Head of the department, my guide, my associate and assistant professors, my senior, junior, Dean. I would also like to thank all the patients and authors mentioned in reference.

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