

3rd World Congress on Otolaryngology - Head and Neck Surgery

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E-Poster Presentation



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Cervical sympathetic nerve schwannoma: A case report

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Cervical sympathetic nerve schwannoma is a benign mesenchymal tumor that originates in the Schwann sheath.

We report in this publication a case of cervical sympathetic nerve schwannoma in a 29-year-old patient, with no pathological history, who consulted for an isolated upper left laterocervical oval mass of about 70mm long axis, asymptomatic, slowly evolving. Magnetic resonance imaging shows an oval latero-cervical mass measuring 33 x 56mm in the major axes, well limited by a wall and thin septa, in favor of a cystic lymphangioma. The patient was taken care of in our department and underwent a complete extra capsular surgical resection performed by a lateral cervicotomy. The immediate postoperative evolution was marked by the presence of Claude-Bernard-Horner syndrome. Pathological examination of the surgical specimen was in favor of cervical sympathetic nerve schwannoma. After one year of clinical monitoring, a cervical ultrasound is performed, which confirmed the absence of any recurrence.

Recent Publications

1. Cavernous thrombosis revealing sinus tuberculosis

Biography

Abdelkrim Hanane, md is graduated from the faculty of medicine of mouloud mammeri university in tizi ousou, algeria, where he also completed his university studies and obtained his doctorate in general medicine. dr abdelkrim hanane trained at the department of ent-head and neck surgery of nedir mohamed university medical centre in tizi ousou during his residency. during his residency, he was able to provide superior care and consultation that resulted in an overall improvement of the department's patient satisfaction quotient. abdelkrim hanane has participated several times by posters publications in ent-head and neck surgery national and international congresses. he is a member of american academy of otolaryngology- head and neck surgery.

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Adult sinonasal rhabdomyosarcoma with spinal metastasis: A case report

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Introduction: Rhabdomyosarcoma (RMS) is a malignant soft tissue tumor mainly seen in the pediatric population. Here, we describe a case of an aggressive sinonasal RMS with distant metastasis in an adult patient.

Case presentation: A 51-year-old male presented to the otolaryngology clinic with a unilateral painless neck mass and nasal obstruction. A flexible transnasal endoscope showed a huge fungating mass obstructing more than 80% of the right nasal cavity. A contrasted computed tomography (CT) scan of the paranasal sinuses showed an enhancing soft tissue density mass involving the right nasal cavity. A biopsy revealed the presence of RMS of an embryonal variant. The patient responded well to chemoradiotherapy, but later, developed spinal metastasis and cord compression. He was admitted for palliative care but died due to cardiopulmonary arrest ten months after diagnosis.

Conclusion: A high index of clinical suspicion for malignancy is required in adult patients with unilateral nasal symptoms.

Recent Publications

1. Hypopharyngeal Perforation Following Foreign Body Ingestion: A Case Report
2. Endoscopic transorbital management of frontal sinus mucocele: a case report and review of the literature
3. Hearing impairment in military personnel in Eastern Saudi Arabia

Biography

Abdulaziz A Alsalem is currently working at king abdulaziz medical city, Saudi Arabia.

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Accepted Abstracts



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Effect of topical intranasal insulin on healing of the nasal mucosa

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Objective: In this study, we described the Boomerang Suture (BS) technique to attach the nasal septum to the anterior nasal spine and evaluated its outcomes and compare it with the traditional figure-8-suture (F8S) technique.

Methods: This study was carried out on 80 patients who underwent nasal surgery (BS in 40 patients and F8S in 40 patients) between September 2016 and January 2019. The decision to use the BS or F8S technique was randomized in a sequential fashion. The detected deviations and applied septoplasty methods were given. The surgical results were determined by the independent observers' scorings. The Nasal Obstructive Symptom Evaluation (NOSE) scale was applied before and one year after surgery. A computer simulation was utilized to analyze the features of the techniques.

Results: The most commonly used technique was the swinging door in 39 cases. Postoperative NOSE values were statistically lower than preoperative in both groups ($p < .001$). Surgical success rates for BS and F8S techniques were 97.5% and 87.5%, respectively, which was not statistically significant ($p = 0.201$). BS can produce 4.3 times more vertical vectors than F8S and F8S causes 3.7 times more torque in the same amount of misalignment in the biomechanical analysis.

Conclusions: BS and F8S are very successful techniques to fix the nasal septum. The BS technique, which creates a much larger vertical vector and less rotational force than the F8S, was also more successful, although it was not statistically significant.

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Can Mediterranean diet improve fatigue in cancer survivors?

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Background: Cancer-related Fatigue is a common symptom in many cancer survivors. It may be influenced by a variety of demographic, medical, psychosocial, behavioural and biological factors. The complexity of the etiology of fatigue, as well as the symptoms experienced by the patients themselves have led scientists to suggest various interventions in order to treat this fatigue. These interventions are divided in pharmacologic treatments and non-pharmacologic treatments. The latter include exercise, rest, cognitive interventions and nutrition.

Purpose: The aim of our interventional pilot study was to evaluate whether Mediterranean Diet would improve the cancer-related fatigue syndrome experienced by cancer survivors.

Methodology: A study with two groups of cancer survivors (≥ 3 months and ≤ 5 years since primary treatment) was carried out. The Control group (n=18) and the Intervention group (n=21). Follow up was set at 4 weeks. The Control group received only general nutritional advice, whereas the Intervention group was provided with personalized Mediterranean Diet menus that were generated by a Clinical Decision Support System. The FACIT Fatigue Scale was used to assess Cancer-related fatigue. Med Diet Score was used to assess adherence to Mediterranean Diet.

Findings: At the study endpoint, significant ameliorations in cancer-related fatigue were recorded in the Intervention compared to Control group ($p < 0.05$). 83% of the intervention group participants showed higher score in FACIT Fatigue scale, meaning better Quality of Life after the 4-week intervention. Participants in the control group showed a 28% increase in FACIT Fatigue scale. Moreover, 89% of the participants in the Intervention group displayed a higher score in Med Diet Score, revealing their adherence to the Mediterranean Diet menus they were given.

Conclusions: Mediterranean Diet can play a vital role in dealing with cancer-related fatigue in cancer survivors. More studies though, are needed to empower these findings.

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Antidiabetic effect of *brassica oleracea* var. *capitata* and *Raphanus sativus* in Wistar rats fed a high-sucrose diet

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Currently, type 2 diabetes (T2D) is a serious health problem and its prevalence will increase worldwide in the years ahead. The research for natural sources with antidiabetic properties could be an affordable alternative to T2D prevention and management. Cruciferous vegetables such as *Brassica oleracea* var. *capitata* L (green cabbage) and *Raphanus sativus* L. (radish) have beneficial functional properties for diabetes control. However, their ameliorate effects on insulin resistance are little known. The objective was to evaluate the effect of *B. oleracea* and *R. sativus* on the pre-diabetic rat model. The antidiabetic effect of *B. oleracea* and *R. sativus* was evaluated in male Wistar rats (n=35) induced with a high sucrose diet (HSD) at doses of 5 and 10 mg/kg. Zoometric and biochemical parameters were measured. Also, histological preparations of the pancreas and liver were analyzed to observe the protection effect. Over five treatment weeks, *B. oleracea* decreased food consumption, weight and obesity index. Both vegetables decreased fasting glucose and insulin levels compared to HSD (untreated) control, although not significantly ($p>0.05$). Both vegetables significantly ($p<0.05$) reduced HOMA-IR, HOMA- β and glucose tolerance compared to HSD. Also, it had minor damage in the pancreas and liver compared to HSD. Therefore, these crucifers are a source of bioactive compounds that act on glucose homeostasis regulation and have a protective effect on organs (pancreas and liver), thus reducing the affected complications in T2D. *B. oleracea* and *R. sativus* (crucifers) can serve an application potential in the functional food's development aimed at T2D prevention and management.

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