

EPISTAXIS IN NASAL POLYPS: CAUSES, SYMPTOMS, AND TREATMENT OPTIONS

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Abstract

Nasal polyps are benign growths that can develop in the nasal passages or sinuses and are associated with various complications, including epistaxis (nosebleeds). This abstract explores the causes, clinical manifestations, diagnostic considerations, and management strategies specifically related to epistaxis in patients with nasal polyps. Key factors contributing to nasal polyp bleeding include mucosal irritation, inflammation, and vascular fragility. Diagnostic approaches encompass clinical evaluation, nasal endoscopy, and imaging studies to assess polyp size and location. Treatment modalities range from conservative measures such as nasal saline irrigation and topical steroids to surgical interventions like polypectomy or sinus surgery in refractory cases. This abstract aims to enhance understanding of epistaxis in nasal polyp patients and underscore the importance of tailored therapeutic approaches to mitigate bleeding episodes and improve patient outcomes.

Keywords: Nasal polyps, epistaxis, nosebleeds, diagnosis, treatment.

Introduction

Nasal polyps are non-cancerous growths that develop in the lining of the nasal passages or sinuses. They are characterized by chronic inflammation and are associated with various symptoms such as nasal congestion, loss of smell, facial pain or pressure, and nasal drainage. One significant complication of nasal polyps is epistaxis, or nosebleeds, which can significantly impact the quality of life and require prompt management.

The incidence of epistaxis in nasal polyps stems from several factors, including the fragility of blood vessels within the polyps themselves and the chronic inflammation that can lead to mucosal irritation and subsequent bleeding episodes. Understanding the underlying mechanisms of epistaxis in nasal polyps is crucial for effective diagnosis and management.

This article provides an overview of the causes, clinical manifestations, diagnostic approaches, and treatment options specific to epistaxis in patients with nasal polyps. By exploring these aspects comprehensively, it aims to highlight the importance of tailored therapeutic strategies to alleviate symptoms and improve patient outcomes.



The Main Part

Any chronic source of nosebleeds is a serious problem. Nasal polyp bleeding is one such problem; relatively independent pathology of these ENT organs is currently not sufficiently studied.

However, it has been found that pregnant women suffer from bleeding polyps more often than other population groups. According to its histological nature, this neoplasm belongs to tumors of the angiofibromatous type, i.e. consists of blood vessels and cells of fibrous connective (fibrous) tissue. However, the pathomorphology can be different, according to which there are also the names "cavernous angioma", "papillomatous fibroma" and others in the literature. Outwardly, such a polyp looks like a round, mushroom-shaped or papillary shape, usually gray in color, in most cases it is located separately.

A polyp of the nasal septum is located on one wall of the nasal septum and can grow rapidly.

Causes

The close statistical correlation between pregnancy and bleeding from nasal polyps logically implies the existence of a cause-and-effect relationship, but this has not been confirmed to date (explains the effect of hormonal changes).

OPV (human papillomavirus, hence one of the synonymous names, see above), chronic inflammation of the mucous membrane of the nasal septum, etc., are also considered as a direct etiopathogenetic factor. All these hypotheses require further research and reliable justification.

Symptoms and diagnosis

Based on the definition, angiofibromatous polyp of the nasal septum usually causes frequent bleeding, which is spontaneous and under the influence of mechanical factors, even under the influence of a small (light touch, sneezing, blowing the nose, etc.) can happen. Like other bleeding that is not provided by nature, if the polyp is present for a long time, the bleeding leads to anemia. In addition, the tendency of rapid growth leads to impaired nasal breathing and sense of smell (hyposmia), and when the polyp reaches a certain size, it completely blocks the passage of air on the affected side, which leads to in turn causes a headache. fatigue, irritability and sleep disturbances and a general decrease in quality of life.

The diagnosis is not difficult, it is determined by taking anamnesis and rhinoscopic examination during a standard examination of the ENT organs: the polyp is directly visible and looks unique. However, in some cases, a biopsy sample is taken for histological analysis and to rule out tumors of another nature.

Treatment

Today, the only effective way to treat a bleeding polyp of the nasal septum is to surgically remove it and remove a small amount of mucous tissue along with the polyp.

Minimally invasive methods - thermal, laser, etc., which are widely used in otorhinolaryngology to eliminate clinically similar neoplasms, are not indicated in cases of angiofibromatous polyps, as they do not reduce the likelihood of regrowth.

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