

# Throat

## Throat Pain

After a viral fever, you may suffer from throat pain and difficulty swallowing. It can be due to a viral infection or a secondary bacterial infection. You may also experience an associated voice change. In the case of an infection, all symptoms may go away in a week with proper medication.

Tonsillitis mainly affects children. The child's main symptoms include throat pain, swallowing issues, bad taste and odor, and voice changes. This might also be the cause of repeated absences from class.

Teachers, singers, and public speakers may suffer from weak or hoarse voices after talking for some time. This results from misuse or overuse of the voice. They require immediate treatment and a thorough examination of their vocal cords.

However, swallowing issues and a change in voice quality may also indicate underlying cancer. Therefore, don't ignore your symptoms and seek medical help as soon as possible.

The main causes of gastroenteritis and acid reflux are unhealthy eating patterns and lifestyles. They have an impact on voice quality, the sensation of phlegm in the throat, and occasionally, throat pain.

## Voice change

Voice change is also known as hoarseness originates from some issue or disorder with the vocal cords

(part of the larynx or the voice box which is responsible for producing sounds). Voice change can be caused by many factors but it may not be as serious if it heals within a few days. But if the voice change condition continues for more than a week, you should visit an ENT physician at the earliest to rule out larynx cancer.

Remember In most cases, hoarseness can be relieved by resting the voice.

To begin with, your doctor will first take a detailed history of your voice change problem and overall health, also do a physical checkup of the voice box and its surrounding area, using either a mirror or a laryngoscope

which is a compact and flexible instrument with an in-fitted light that can be placed at the back of the throat or even using endoscopy. Post which, your doctor will assess the voice quality. Thereafter, depending on the findings of the physical investigation, your ENT physician may prescribe simple precautions or suggest lab tests (e.g. biopsy), x-rays, or thyroid function testing, etc.,

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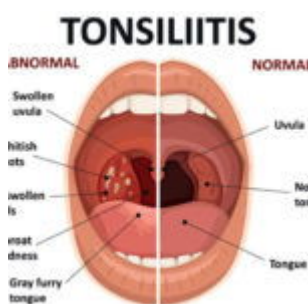


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