Why should we operate on Reinke’s Oedema?

S Ansari¹ and K Mac Kenzie²
¹University Hospital Cross-house, UK
²Glasgow Royal Infirmary, UK

Introduction: Surgical intervention in patients with Reinke's oedema can be a contentious issue. There is compelling evidence suggesting it is rare to have pre-malignant / malignant association. Similarly improvement in voice has been reported with specialized techniques in specialist centres. The aim of this study is to determine if improvement of voice in patients with Reinke's Oedema is an indication for surgery in the routine clinical setting.

Methods: Prospective audit of patients with Reinke's Oedema undergoing trans-oral micro-laryngeal surgery from 2007 to 2014. The procedures were performed by a consultant and registrars under direct supervision, in a single head & neck unit in North Glasgow, using standard cold surgical techniques. Voice outcomes were recorded using Voice Symptom Scale (VoSS) pre- and post-operatively.

Results: 56 patients underwent trans-oral microsurgery (cold steel) for Reinke's oedema with an aim 'to improve voice'. 53(95%) patients were female and all 56(100%) patients were smokers. 51 patients (91%) had a single procedure for Reinke's Oedema. 33 patients (59%) had complete pre and post op paired data. There was a significant improvement in VoSS scores (p=0.008).

Conclusion: Our practice has shown an improvement in voice in patients undergoing standard cold surgical techniques in the routine clinical setting. Given the very low incidence of malignancy in this condition we conclude that this is the principle reason for surgical intervention in patients with Reinke's Oedema.

Biography

Shayan Ansari is a Consultant Head & Neck / ENT Surgeon in University Hospital Crosshouse, NHS Ayrshire & Arran, UK and also an Honorary Clinical Senior Lecturer in The University of Glasgow, UK. Bulk of his practice includes management of benign and malignant head and neck diseases including sinonasal, thyroid & parathyroid, laryngeal and pharyngeal pathologies. He also enjoys dealing with general ENT conditions. He completed his Head & Neck / ENT training in Scotland, UK. His interest has always been in Head & Neck surgical oncology especially organ preservation and salvage strategies. To achieve his ambition, he spent some time working in a busy head and neck unit in Groote Schuur Hospital, Cape Town, South Africa. His other interests include teaching and training of medical students, dental students, speech and language therapists, teachers and post-graduate doctors in various ENT disorders. He not only teaches in various courses for this purpose but also is an organizer and tutor in various Royal College of Surgeons of Edinburgh endorsed courses. He has various academic publications on ENT and head and neck surgical topics especially patient reported outcomes measures. He is director and trustee for two UK charities (Postgraduate Education Group Scotland and Rawalians’ Association for Healthcare Improvement and Innovation) that work for improvement of health care and education in UK and developing countries. He is also a founding member of Scottish Head And Neck Research Collaboration (SHANREC). His special interest in information technology and health informatics helps him in handling and maintaining online / standalone databases and networks. He is in a process of launching first dedicated Health Resource Portal for ENT / Head & Neck surgeons.

s.ansari@nhs.net

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