

Laryngitis

Laryngitis is an inflammation of the lining of the larynx affecting the voice and breathing. Acute (occurs suddenly) laryngitis may be caused by overuse of the voice, allergies, irritating dust or smoke, hot or corrosive liquids or even violent weeping or crying. It also occurs in viral or bacterial infections, and is frequently associated with respiratory diseases.

In adults, a mild case of acute laryngitis begins with a dry, tickling sensation in the throat, followed quickly by partial or complete loss of the voice. There may be a slight fever, minor discomfort and poor appetite, with recovery after a few days. Swelling of the epiglottis and larynx may impair breathing. Increasing difficulty in breathing may be a sign of edematous laryngitis or croup.

Treatment requires that the person rests and refrains from talking. The air should be kept moist with a humidifier. The room temperature should be even and warm. An ice bag on the throat often is soothing. In sever cases, antibiotics may be needed. *If laryngitis persists or recurs frequently, medical attention should be sought to determine the cause, as well as if other forms of treatment are necessary.*