

Otolaryngology Head and Neck Surgery

CLINICAL REFERENCE GUIDE

Fourth Edition

Raza Pasha

Justin S. Golub



OTOLARYNGOLOGY
HEAD & NECK
S U R G E R Y

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SURGERY

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FOREWORD TO THE FIRST EDITION

This text promises to be a vital addition to the armamentarium of knowledge available to every individual aspiring to understand the pathophysiology and management of disorders in Otolaryngology—Head and Neck Surgery. Dr. Pasha and his co-authors have done a brilliant job of organizing their thoughts so that readers will have no problems seeking out the disorder they hope to understand. This work will succeed where others have not simply because it does what every book hopes to do, that is, it addresses the needs of the reader. I plan to have a copy available for all my residents and medical students, as well as the primary care residents who rotate through our service.

It is a stroke of intelligence that should survive for many years in our armamentarium.

Harold C. Pillsbury, MD
Professor and Chief
Otolaryngology—Head and Neck Surgery
The University of North Carolina at Chapel Hill

PREFACE TO THE FIRST EDITION

Most students and practitioners of medicine may be overwhelmed in their initial endeavors to understand the field of Otolaryngology—Head and Neck Surgery. The sheer quantity of information from the anatomy of the temporal bone to head and neck reconstruction strategies may be difficult to comprehend and organize.

This reference book provides a state-of-the-art, comprehensive overview that captures the essential facts relative to various Otolaryngology topics. All chapters are co-authored by nationally recognized subspecialty experts. Each chapter follows a uniform outline to facilitate systematic development of in-depth knowledge of head and neck pathologies and to afford quick reviews at a glance. Its comprehensive content provides the depth required for written and oral standardized tests.

In addition, the material presented provides practitioners with current step-by-step management protocols for patients with common clinical problems such as dysphonia, dysphagia, head and neck trauma, upper airway obstruction, and head and neck cancer. Each work-up includes differential diagnoses, symptomatology, pathophysiology, complications, and alternative treatment plans that are consistent with accepted standards of care.

Chapter 1 offers a complete review of rhinology, paranasal sinuses, and immunology, including clinical protocols regarding nasal obstruction. Chapter 2 addresses salivary gland pathology and management strategies. Chapter 3 discusses the anatomy, physiology, and pathological conditions associated with Laryngology, including complete clinical work-ups of dysphonia and upper airway obstruction. Chapter 4 provides a comprehensive review of general otolaryngological disorders such as pharyngitis, thyroid disease, and sleep apnea. Chapter 5 discusses management of the head and neck cancer patient by anatomical site. Chapter 6 reviews diseases of the ear and temporal bone, including management protocols for hearing loss, dizziness, and facial nerve injuries. Chapter 7 offers the fundamental principles for aesthetic and reconstruction surgery of the head and neck. Finally, Chapter 8 introduces the essential concepts of managing the head and neck trauma patient.

ACKNOWLEDGMENTS TO THE FIRST EDITION

This reference guide required the guidance and contributions of many individuals to whom I must express my appreciation. Some are formal contributors, others have provided support in more subtle ways unknown to them.

To my mentors, Dr. James Paul Dworkin and Dr. Robert J. Meleca, who encouraged the conception of this project and who have graciously provided editorial comments: Without your expert advice this project could not have been possible.

To Dr. Robert H. Mathog and the faculty of Wayne State University Department of Otolaryngology—Head and Neck Surgery who provided the foundation of my education: I am forever grateful for their scholarly guidance and their contribution to this material.

To Candice Janco, Kristin Banach, Sandy Doyle, indexer Pam Rider, and the staff of Singular who had the faith and patience with this first-time author and who helped in many decisions along the path to publication.

To Loralee McAuliffe, who created splendid illustrations from sketchy line drawings and illegible handwriting.

To Dr. Harry Kim for his expertise in editing our review of radiation oncology and to Dr. Margie Crawford for her expertise in reviewing audiology and vestibular testing.

To my graduating colleagues of 2001: Syed, Sam, and Greg, who encouraged my endeavor from the onset and on whom I have relied for so many things over the past years.

To my closest friends of Detroit: Doug and Kristin, Faye, Olmina (Maria), Joe and Rielly, Jimmy, Dave, Ramin, Steve, Teresa and Norm, Joe and Paula, all of whom have provided a family away from home.

Finally, to my loving family to whom I dedicate this book: Everything I have ever accomplished and ever will accomplish goes to their credit.

Thank you all.

—*Raza Pasha*

PREFACE TO THE SECOND EDITION

This time in office, the messages were different . . . a physician from Turkey? A residency director in California? My “Contact Us” hyperlink registered a number of hits from systems outside of the Greater Houston circle requesting additional copies of the “Pocket Pasha.” After being dropped by my original publishing company, having 2 years’ worth of updates stolen from my car, starting my private practice, and officially resigning from checking the status box, “Single,” to the one of “Married,” I pretty much had sequestered any remnants of the first edition to a shadow box in my office waiting room. Graciously, I did not have to wait as long to realize the full potential of the first edition, nor its postresidency boom in interest; albeit, this occurred the day after it was out of press and no longer available.

As a result of the positive response to the first edition, and gratefully by request, I present the second edition. The augmented pages contain updated information specifically in regards to General Otolaryngology, Rhinology, and Endocrinology. In addition, the Head and Neck Cancer, Neurotology/Ototology, Trauma, and Facial Plastic/Reconstructive chapters have undergone academic facelifts. I have retained the same format of its predecessor, excising only the pharmacology section, which was not user friendly. A more functional index further augments the second edition for another generation of residents, medical students, and clinicians.

Please send your comments, errors, or suggestions for upcoming editions to rpasha@PashaMD.com

ACKNOWLEDGMENTS TO THE SECOND EDITION

I am indebted to many people—the list has as much depth and is as vivid as the circumstances, mentors, friends, and family in my life have been thus far.

I graciously thank my wonderful staff. Angie Cano, Angel Rodriquez, Tracey Kaderka, Claudia Ramirez, and Monica Lerma who provide a smooth running ship, encouraging and enabling me to complete this latest project.

The patient people of Plural Publishing, especially Sandy Doyle who has been present since the inception of the first edition.

The Boys of Houston, Zahid, Taseer, Poorang, Soroush, Umair, Kraig, Rodney, Ed, and Zephyr. You have all been unwavering in your friendship, confidence, and support of all projects I heap on to my plate.

Finally, to my wonderful wife, Mamta, and family who provide the baseline of my happiness and who are the best “springboard from which to launch beyond myself.” It is your intrepid courage, your omnipresent love, your sage thoughts, your reckless abandon, and your belief in who I am, that sustains me. I look to you all for inspiration, the true mentors of my life. Thank you.

Thank you all once again.

—*Raza Pasha*

PREFACE TO THE THIRD EDITION

You would have thought that I'm the chump responsible for an off-shore oil spill by the number of hate E-mails I have received. Almost daily, my inbox was torpedoed with charming one-liners in the form of multilingual expletives and lots of exclamation marks. You guys did a commendable job on slamming the index of the last edition. Hopefully we have recalibrated all the elements in this edition, so please no more cyber grumbles.

Hear Ye, Hear Ye

Loyal subjects of the great ENT fiefdom, heed my word: we need to be more integrated into sleep medicine. Sleep is as controversial as it comes and as surgeons, we are getting clobbered. Our data are stale and not convincing to the many critics who wave the wand of the almighty CPAP wizard for every snorer, mouth breather, and overworked truck driver. As with allergy in sinus surgery or audiology in otology, we need to speak the language and be part of the great debate. As vanguard surgeons, we cannot consider the sleep apneic without recognizing the narcoleptic. At the same time, a sleep study is more than an AHI and a CPAP level.

I'm offering Chapter 5, Sleep Medicine and Sleep Apnea Surgery, as a crusade to my readers. Admittedly, some parts may be over the top. Read the chapter. Absorb the concepts. Then highlight the OSAS and sleep test section for your exam. I purposely want to be cutting edge and cover the basics of sleep medicine and not just OSAS surgery. You may thank me later.

Moving Ahead

It has been an incredible experience creating this pocket book. I especially have enjoyed working with Dr. Golub, the resident on the ground per se. As I become more and more removed from residency, I invite all of you to be part of the fourth edition. If you have corrections, additions, illustrations, charts, appendix notes, or any other essentials, collect them, verify them, and then provide your source and visit my Web site, PashaMD.com. You may upload your information for consideration for the next edition under the tab, "Residents and Practitioners."

We want to continue to produce a book that is less self-indulgent and more about you, the student, the practitioner, the resident who is pounding the dirt and is too overwhelmed to read through 50 pages of historical references on odontogenic cysts before getting to the one-sentence summary point. Our aim is to deliver just the facts, so that you get through preoperative interrogations, morning round grilling, and exams based in minutia. We have done our job well if we are able to get you home in time to enjoy the more important things in life; family, friends, and cable programming.

ACKNOWLEDGMENTS TO THE THIRD EDITION

As always I have to thank God, family, and friends for guiding me through this venture with both encouragement and forgiveness. But I would be remiss if I did not acknowledge a few essential ingredients that lent their flavor and dimension to making this text more robust.

By far, I would like to recognize our fresh infusion of scholarly blood in the form of our newest contributor and cyber colleague, Justin Golub. Pending a face-to-face encounter with Dr. Golub, I have formulated my own version of him: A young academician ensconced in a makeshift laboratory-cave buried high within the formidable Washington mountains. Cloaked in all the mystery of Charlie to his Angels, Dr. Golub is recognized by his voice alone and a series of communiques via Outlook. Although we have yet to meet in person, our minds have already taken the liberty to do so. Justin and I share the same intuition, drive, and impetuous flow of thought in creating this book. My “hands on” experience garnered by my years in the trenches coupled with Justin’s full-time immersion in academia, we have succeeded in stocking this book with the most current and relevant information. I look forward to both working with and meeting Justin for the fourth edition.

I also need to shoutout to a handful of new coauthors who helped overhaul a few chapters, Neil Tanna, Joseph Goodman, and Douglas Sidell. In keeping with the same dose of incognito as Justin, these writers and revisers were diligent in their efforts to take an already phenomenal text and make it better.

Another key reviewer was Vishad Nabili, a microvascular and reconstructive fellow from UCLA, who uploaded the latest and greatest in H&N Cancer.

I’d also like to recognize those individuals comprising the Accuracy Police, who were kind (read: obsessed) enough to point out blunders, bloopers, fiction, and outright lies that occasionally appeared in the second edition. The sheriff of this fact-finding force, Talal Al-Khatib from McGill University, not only ferreted out significant errors but also caught wind of the less notable grammatical goofs, extra letters, gratuitous spaces, widgets, and dingbats.

I’ll even give John Ramsay a plug. He educated me on the grammatical analysis and root form of “stridorous,” which gets flagged on every medical spell-checker I’ve used. FYI . . . “stridulous” is the Latin adjective, “stridor” is the noun.

Thank you also to Plural Publishing for supporting this project and letting me have my way with the cover and agreeing on the color change. Black is so bad.

So, with that, I hope you enjoy, maybe even rally around this piece of literary canon for a Pulitzer. In any case, we worked hard and we worked smart to bring you the ins and outs of all the latest, greatest, and often exam-tested ENT facts.

Peace.

—*Raza Pasha*

PREFACE TO THE FOURTH EDITION

This fourth edition evens out my staggered, shadow-boxed display in my office waiting room. It also satisfies an essential update and provides an introduction to our more than welcomed Little People chapter for those of you entrenched in transmittable conjunctivitis and the everlasting cold/influenza rotation.

As for me, I've spent the last few years as a target for academics and skeptics alike lecturing cross-country on "hot button" topics such as indications of in-office balloon sinuplasty and the surgical management of sleep apnea. Should you ever find yourself with a desire to nettle to the brink of combat, walk into a rhinology conference and brag about how balloon sinuplasty is the greatest thing since electrocautery. Better yet, whisper to your pulmonologist colleague that you operated on his 23-year-old bachelor referral last week by jerking his 4+ tonsils without offering him a CPAP machine. "What?!!! You didn't even have the decency to offer him a dental appliance so he can experience referred otalgia and teeth shifting first?!"

No worries though. You'd be pressed to find any controversial points in this handbook. No need for naked disclosures. We're once again, no nonsense. We've kept to the highlights so you can pass your boards and possibly prevent an occasional cauliflower ear now and then.

No specific acknowledgments section this year since a well-deserved Justin Golub is now blazed in the front of the book and authors are credited within.

Deeply entrenched in midlife, with three sprouting legacies, my time is apportioned between soccer matches, Super Mario marathons, and piano recitals. I dream about Mary's Little Lamb as an adjuvant remedy for psycho-physiological insomnia. The fourth edition is a product of my free time and I was tempted to include illustrations of the cochlear labyrinth crafted by my 5-year-old. Wanting to minimize distractions and leaving something for inclusion in the fifth edition, I opted to leave those out.

Thanks for your support.

—*Raza Pasha*