

## 1. BENIGN TUMORS OF THE VOCAL CORDS. GENERAL NOTIONS. EPIDEMIOLOGY, ETIOPATHOGENESIS AND TREATMENT.



**Author:** Țibulac Daniela

**Scientific advisor:** Cabac Vasile, MD, PhD, Associate Professor, Department of Otorhinolaryngology, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova; Cernev Daniela, PhD, Assistant Professor, Department of Otorhinolaryngology, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

**Introduction.** Benign vocal lesions are non-malignant growths of abnormal tissue on the vocal cords. The common benign lesions of vocal cord are singer's nodule, polyps, papilloma, polypoid degeneration (Reinke's edema) and cysts. Others are sulcus vocalis, mucosal bridge, intracordal cysts, vocal cord varices and anterior webs. Several factors can be responsible for the development of the benign vocal lesions such as vocal abuse, overuse or misuse of voice, chronic infections of upper airway, allergy, smoking and gastroesophageal reflux. Frequent coughing and throat clearing also contribute to the mucosal irritation which worsens the voice. Excessive mechanical trauma and stress in the mid membranous area of the vocal cord leads to wound formation. Subsequently remodeling of the superficial layer of the lamina propria and, to a lesser extent, epithelium results in the formation of vocal cord nodules, polyps, and cysts. Several studies have demonstrated that the pathologic changes in vocal cord polyps, nodules, and cysts occur within the superficial layer of the lamina propria

**Aim of study.** The etiological relationship between smoking and vocal fold polyps has been widely studied. Some authors consider smoking as the primary factor for the development of vocal fold polyps, mainly when associated with vocal abuse.

**Methods and materials.** The present study is a review article based on a bibliographic search using platforms, databases and search engines, without restrictions on means of publication, methodological quality or language. Articles on benign vocal cord tumors related to the study object published in the last 5 years were included.

**Results.** Vocal trauma, especially in women and children, is a strong risk factor for vocal cord nodules and cysts. Gastroesophageal reflux is a suggested risk factor for Reinke's edema and contact granuloma. Smoking and alcohol consumption are the risk factors that predominate in the male gender causing especially polyps and Reinke's edema. Identifying risk factors is an important step in therapy planning.

**Conclusion.** The voice is the main actor in our daily life. It allows us the main means of communication between people. Approximately 30% of the population has dysphonia at some point in their lives. Since dysphonia is only a symptom and not a diagnosis, each case of dysphonia must be carefully examined to determine the causes. Also, early diagnosis of benign tumor processes is very important for treatment and restoration of the voice as quickly as possible.