



Joint Scientific Meeting

of

The Hong Kong College of Otorhinolaryngologists

and

*The Hong Kong Society of Otorhinolaryngology,
Head and Neck Surgery*

27th November 2004

Sponsored by Aventis Pharma Limited

Scientific Session

Trainee Presentation:

**Chairpersons: Dr Hui Yau
Dr Victor Abdullah**

- | | |
|---------------------------------|----------|
| Introduction | 3:25pm |
| 1. Dr Chan, Kin-Ming TMH | 3:30pm |
| 2. Dr Ho, Ambrose QMH | 3:45pm |
| Tea Break | 4:00p.m. |
| 3. Dr Lee, Alex Ting-Hon UCH | 4:15p.m. |
| 4. Dr Wong, Eddy Wai-Yeung NTEC | 4:30p.m. |

Adjudicators

**Dr Chow Chun-Kuen
Dr Fung Hin-Kwok
Dr Liu Sau-Yu
Dr Ngai Chi-Man
Dr Soo Gordon
Dr Tong Fu-Man**

DENTAL APPLIANCE IN TREATING PATIENT WITH OBSTRUCTIVE SLEEP APNEA SYNDROME OSAS

Chan Kin-Ming, Li Ming-Fai

Department of Ear, Nose and Throat

Tuen Mun Hospital

Abstract

Objective: To evaluate the efficacy of dental appliance for treatment of snoring and OSAS.

Design: Retrospective review of an observational cohort. Thirty-eight patients (11 snorers and 27 OSAS) who refused CPAP and UPPP from June 2001 to June 2002 in Tuen Mun Hospital have undergone sleep endoscopy and dental appliance were reviewed. Preoperative and postoperative somnographic variables, snoring score and Epworth Sleepiness Score (ESS) were compared. Patients' compliance was also reviewed.

Results: There was significant reduction in AHI, minSpO₂, snoring score and ESS for patient with mild to moderate OSAS (AHI 10-40) after dental appliance ($p < 0.001$). There was significant reduction in snoring score and ESS for snorers (AHI < 10) after dental appliance ($p < 0.002$). The success rate (rate of patients with at least 50% reduction in AHI) for mild to moderate OSAS after dental appliance was 69.9% and 65.2% of them attained normalization 6 months after dental appliance. Temporomandibular joint (TMJ) pain was the most commonly reported side effect (66.7%). 61.1% of patients were still using the dental appliance one year after treatment. Among them, 22.7% also complained of TMJ pain.

Dental appliance is useful in treatment in snorer and mild to moderate OSAS. Side effect of TMJ pain is common but tolerable by most patients.

REGIONAL CHEMOTHERAPY FOR UNRESECTABLE

SQUAMOUS HEAD & NECK CANCER THROUGH A SAPHENOUS VEIN INTERPOSITION GRAFT

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Abstract

Objective: Systemic chemotherapy of head and neck cancers is not effective and carries significant adverse effects. We report the result of regional chemotherapy using a segment of saphenous vein within the carotid system to administer chemotherapeutic agent percutaneously.

Methods and Results: From 1994 to 2004, 20 saphenous vein interposition grafts were performed in 17 patients with unresectable squamous head and neck. All of them were medically fit and the majority suffered from carcinoma of the maxilla. There was no operative mortality. Four patients developed immediate post-operative thrombosed vein graft which required exploration and salvage; one patient had a neck hematoma. 40mg of Cisplatin was administered percutaneously every week via the vein graft. One patient had deranged renal function; four patients developed transient marrow suppression. The response rate was 67% (complete response, 27%; partial response, 40%), and the 5-year actuarial survival rate was 40%.

Conclusion: Intra-arterial chemotherapy using saphenous vein interposition graft is safe and provides an alternative palliation for patients with unresectable squamous head & neck cancers.

HEARING IMPAIRMENT SCREENING AND DEPRESSIVE SYMPTOMS IN AN ELDERLY CHINESE

POPULATION

Lee Ting-Hon Alex, Tong Chi-Fai Michael, Tang Shu-On

Peter

UCH, ENT.

Abstract

Presbycusis is a common disabling problem in the elderly. With the expansion of the elderly population, the magnitude of the problem increases. The prevalence of hearing loss in the aged is estimated to be between 7-60%. However, most of such estimates are drawn from data of self-reported hearing loss or screening audiometry without masking. One of the objectives of this study is to provide a measurement of the prevalence of hearing impairment in the elderly community with a formal pure tone audiogram.

Depression is another common disease in the elderly. There are indications from studies that one cause of depression may well be hearing loss. This cannot be conclusive to date. Most of the studies on hearing loss and depression had focused on the Caucasian population. No study on this association has been done in the Chinese population.

A sample of 1019 community dwelling elderly aged 60 or above were recruited from a community centre. Questionnaires that included the Geriatric Depression Scale (GDS) and mini mental state examination (MMSE) were completed with the help of volunteers, and a pure tone audiogram with masking was performed on each attendee in a sound-proofed booth. The prevalence of hearing impairment is estimated and the association between depressive symptom and hearing loss is examined using logistic regression.

The results of this study are presented.

***THE QUEST FOR A PRACTICAL GRADING SYSTEM OF
ADENOID AND TONSILLAR HYPERTROPHY***

**Wong Wai-Yeung, Eddy, Ng Siu-Kwan, Victor Abdullah,
Albert Li, Y K Wing**

NTEC, ENT.

The Chinese University of Hong Kong

Abstract

Obstructive sleep apnea-hyponea syndrome (OSAS) is a common disease among the paediatric population with an estimated prevalence of around 2-4%. In this group of patients, adenotonsillar hypertrophy remains the commonest cause. In well selected cases, adenotonsillectomy is very effective in alleviating the symptoms and probably preventing the development of serious sequelae. However, a reliable grading system of the adenoid and tonsil size is lacking. The previously reported clinical grading systems did not show good correlation with OSAS severity. We are also uncertain about their reproducibility.

In this study, we would investigate the usefulness of various grading methods, including both previously reported and our proposed ones, in identifying patients with OSAS. The focus would be the reproducibility of the grading and their correlation with sleep study results. Based on this information, we aim to find out a practical grading system

A group of children with suspected OSAS was recruited. Their tonsil and adenoid status would be videotaped. Following that, they would undergo formal sleep study. 2 ENT specialists and 2 ENT trainees were invited to grade the size of the adenoid or tonsil in the video independently, using the various grading systems. The inter-observer and the intra-observer variability

of each test were evaluated.

The reproducibility of the grading system was determined and the correlation of various grading with the sleep study results would be assessed.

The preliminary result of this study is presented.