

THROAT AND SINUS COMPLICATIONS OF GRIP.

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IN the time allowed for the discussion of the throat and nose complications in the recent epidemic of grip, it will be possible only to give a very brief account of the more important affections. The pathological changes in the mucous membrane of the pharynx, larynx and trachea as seen in the examining mirror were not so severe, if measured by the intensity of the hyperemia and swelling, as those occurring in similar epidemics in former years. Notwithstanding this fact, the inflammation and symptoms therefrom have persisted much longer than the pathological changes would seem to have warranted. This can only be accounted for by the extreme bodily depression and lack of recuperative power that has been so noticeable in the present epidemic.

The most troublesome symptom in relation to the throat has been a spasmodic irritable cough, accompanied by only a small amount of glairy mucoid expectoration. In the pharynx there was the usual tendency to hypertrophy of the lymphoid tissue on the posterior wall behind the pillars of the fauces.

In the larynx the most marked change has been a hyperemia and some swelling of the inner ends of aryepiglottic folds. The mucous membrane of the trachea has been but moderately inflamed, and in many cases the vocal cords were scarcely at all involved. In a few cases there have been an edema and hyperemia of one or both vocal cords, simulating the rupture of a small capillary and presenting almost the appearance of a hematoma. In such cases, of course,

the voice has been impaired in direct proportion to the amount of involvement of the vocal cord.

The variability of the laryngeal condition has been very noticeable and always in direct proportion to the amount and severity of the cough. When the latter has been excessive these congested areas have been very noticeable, and when the paroxysms of the cough have been reduced to a minimum the congestion of the cord would in twenty-four hours nearly disappear. As a large part of the cough is the result of the excessive irritability of the nerve endings in the inflamed mucous membrane of the pharynx and larynx produced by the frequent trauma of paroxysms of cough, the most satisfactory treatment was found to be the administration of sedatives to reduce to a minimum the useless portion of the cough. Codein, morphin and heroin are the three most valuable drugs for this purpose; each has its objectionable features.

In some cases the cough is best controlled by one large dose administered in the morning on waking, while in other patients the cough is best controlled by small doses frequently repeated. Local applications to the inflamed mucous membrane, even when the patients have been thoroughly cocaineized, have not proved of much benefit, and oftentimes on account of the bruising during the application, have done more harm than good. Inhalation of sprays containing menthol from 1 to 5 per cent. in an oily vehicle, have often given temporary relief, but require to be repeated every two or three hours.