

## **SNORING AND SLEEP DISORDERS IN CHILDREN WITH HYPERTROPHY OF LYMPHOID TISSUE IN THE THROAT**

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Hypertrophy of lymphoid tissue within the throat in children leads to a number of respiratory problems, among other things to snoring, sleep apnea, nasal obstruction and impaired sleep disorders. The aim of this study was to evaluate the prevalence of the above-mentioned changes depending on the location of overgrown lymphoid tissue, the BMI of children and coexisting allergies. The study was based on a questionnaire in a group of 103 children: 40 girls and 63 boys between the ages of 3 to 14. These were patients with hypertrophy of lymphoid tissue in the pharynx, who underwent the following treatments: adenoidectomy, tonsillectomy, adenotonsillectomy, and myringotomy. The survey included questions about snoring and other symptoms of sleep disordered breathing. In addition, body mass index was calculated and the coexistence of other diseases in children was taken into account, with particular emphasis on allergies. Most changes related to children aged 4-6 years, lymphoid hyperplasia often seen in boys. The highest incidence was snoring disorder in 87% of hospitalized children, and apnea in an interview - 45% of patients. In 36% of treated children co-occurrence of allergies was observed. 7% of patients were obese, 15% overweight and 21% of excess body weight. It was found that excess body weight is a factor that enhances the occurrence of respiratory disorders during sleep, especially sleep apnea with lymphoid hyperplasia throat. The occurrence of sleep apnea was reported in 24% of patients with normal weight, 60% of overweight children, and as many as 71% of obese patients. Snoring and nasal obstruction was observed more often in allergic patients.