

# Optical Coherence Tomography for studies of the larynx mucosa in the arytenoids regions

## A protocol



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### Background

#### Definition

Optical coherence tomography (OCT) is an imaging technology that provides cross-sectional images of subsurface tissue structure at approximately 10 µm resolution to a depth of 1,5 mm using backscattered light. OCT has shown promise in imaging normal vocal folds as well as various laryngeal disorders. The use of OCT to image the larynx during diagnosis and treatment of a vast array of laryngeal disorders continues to develop along with innovative surgical techniques. An augmented form of OCT polarization-sensitive OCT (PS-OCT) is creating useful clinical applications for diagnostic and therapeutic laryngeal procedures.

#### Causality

In a prospective cohort study partial cure of dystonia was found, where the mode of treatment was fexofenadine tablets and local budesonide inhaler in the larynx, and in a randomized controlled trial of lifestyle change related to acid provocation of food and habits were essential in laryngopharyngeal reflux (LPR). The advanced high-speed films is one new tool with exact pictures of the moving larynx including the arytenoid region, another being OCT, they should be used further in the future in randomized controlled trials.

We are focusing on OCT of the swallowing process in the esophagus and larynx, as well as the vocal fold function. It can be shown on OCT how the layer of the vocal folds develop, possibly corresponding to hormonal and pediatric development. The arytenoid area layers in the larynx should also be focused upon with OCT in pathology. The thyroid function is related to voice and the swallowing function, both hormonally and anatomically. We know too little about voice and thyroid hormones in an updated way as well as the outer anatomic supporting structure of the larynx, among others related to thyroid immune degeneration and cysts. The combined high speed films and OCT could give much more information of pathology of the layers of the larynx.

### Objectives

We want to determine whether OCT is ready for evaluating edema of the arytenoid region, or further work to improve the OCT has to be done before this is possible. Furthermore, if this method is applicable, it would be interesting to see if the visual arytenoid edema grading system (1-5) could be quantified for further research of mucosal barrier health.

### Criteria for considering patients for the study

#### Types of participants

All adult (aged 18 or over) patients with hoarseness (dysphonia). The participants should have had the symptom for at least six weeks. The participants will be included whether or not there is a definitive diagnosis. All patients should have undergone laryngoscopy to exclude other identifiable causes of hoarseness including malignancy, and vocal cord paralysis.

### Types of intervention

#### Laryngopharyngeal reflux

- 1) Pharmacological treatment. Proton pump inhibitors (PPIs)
- 2) Lifestyle modification and patient education

#### Allergy treatment

- 1) Removal of provocations
- 2) Fexofenadine 1-2 tablets a day of 180 mg and budesonide inhaler.

#### Infections in the larynx

- 1) Azitromycin 500 mg a day for 6 days
- 2) Secondary antibiotic based on swabs with micro pathological advice

#### Dystonia and hoarseness

- 1) Fexofenadine 180 mg x 2-3 daily budesonide 160 micrograms 2-3 times a day

### Types of outcome measures

#### The following outcomes will be assessed:

##### (1) Subjective complains of

- Hoarseness or a problem with your voice
- Clearing your throat/excess throat mucus or postnasal drip
- Difficulty swallowing food, liquids, or pills (dysphagia)
- Coughing after you ate or after lying down, troublesome or annoying cough
- Breathing difficulties or choking episodes (larynx spasms and hick ups)
- Sensations of something sticking in your throat or a lump in your throat (globules)

##### (2) High speed films of the larynx, visual scores 1-5 of the arytenoid regions (see Figure 1) with

- Kymograms
- Glottal openings kvotient
- Electroglottograms
- Segmentations

##### (3) Out measures include 'objective' findings of laryngeal appearance on OCT.

### Arythenoid oedema

Figure 1: In our Cochrane review of laryngopharyngeal reflux considerations were made of the function of the arytenoid region. We have also tried to define visual scores (1-5) of the oedema, and compared the visual scores to voice pathology.

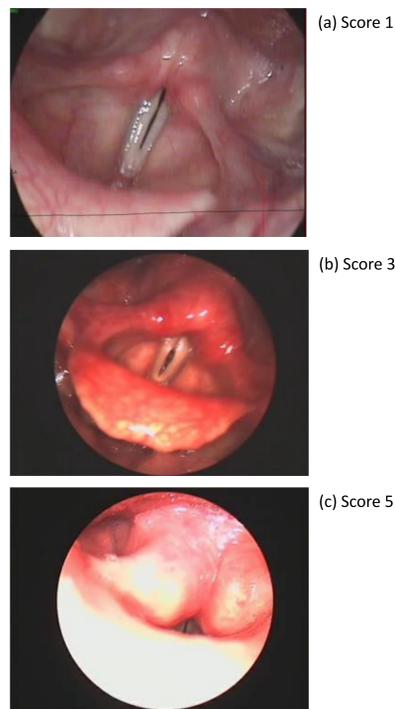


Figure 1: High-speed films scores with 4,000 pictures per second of the larynx including the arytenoid regions. Score 1 is a normal arytenoid region. Score 3 is presenting a moderate oedema. Score 5 is almost total closure of the larynx due to arytenoid oedema (3).

### OCT images with corresponding histology

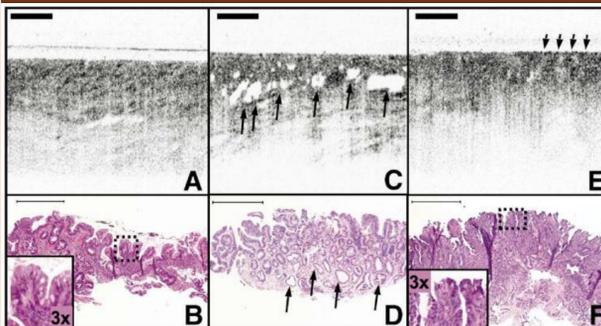


Figure 2: OCT images of SIM with and without IMC/HGD. (A) OCT image of SIM without dysplasia demonstrates glandular architecture with a relatively low reflectivity. (B) Corresponding histology to (A) with inset demonstrates a low nuclear to cytoplasm ratio in the superficial epithelium. (C) OCT image of IMC/HGD enables visualization of large and irregular glands (arrows). (D) Irregular, dilated glands are also seen in the corresponding histology to (C) (arrows). (E) OCT image of IMC/HGD shows a disorganized architecture and increased surface reflectivity (arrows). (F) Corresponding histology for (E) demonstrates abnormal glandular architecture and an increased superficial nuclear to cytoplasm ratio (inset). Histology: hematoxylin-eosin; original magnification, 40 x. Scale bars, 500 µm

With permission from NIH Public Access. Clin Gastroenterol Hepatol. Hepatol. 2006; 4:38-43.

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European Archives of Otorhinolaryngology.269,5:1477-1482laryngeal mucosa reduce dystonic symptoms?

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