Long-term Outcomes of Surgical Management of Patulous Eustachian Tube Dysfunction

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ABSTRACT

INTRODUCTION

Patulous Eustachian tube (PET) dysfunction is a condition in which the lumen remains anatomically open. It was first described by Schwartz in 1864, when he observed an atrophic eardrum moving synchronously with breathing. Patients often experienced an echo or abnormally loud perception of their voice and nasal breathing. It can occur spontaneously or can be activated by exercise, prolonged talking, or by using nasal or oral decongestants. The symptoms can be so disturbing to the patient that they may lead to depression and/or psychosis.

METHODS AND MATERIALS

All candidates had previously failed medical therapy. An assessment for possible risk factors was done, looking for evidence of weight loss, rheumatologic or autoimmune conditions, laryngopharyngeal reflux (LPR), pregnancy, allergic rhinitis, ET dysfunction or otitis media.

RESULTS

Out of 81 cases operated, 58 were eligible for the study. A total of 25 (31 ETs) patients participated in the study, of 58 patients who were recruited for the study. Two patients declined to participate, and the remaining patients were unreachable, due to out-of-date contact information or lost to follow-up. The procedures included 18 SI, 7 RI, and 4 PETR. The mean age of patients was 43.4 years (20-66), with 14 females and 9 males. Preoperative risk factors based on history and physical examination are presented in Table II.

CONCLUSIONS

Three procedures, SI, RI, PETR all demonstrated promising long-term improvement of PET. The main long-term complication is OME, which is not correlated to the procedures.