

June 20<sup>th</sup> , 2017.

Dear Colleague,

On behalf of the Scientific Committee, I am very pleased to announce you that the below contribution you have proposed AVOIDING SURGERY: INTRALESIONAL VOCAL FOLD STEROID INJECTION- REVIEW OF THE EVIDENCE AND TECHNIQUE has been accepted for presentation at the PEVoC 2017 conference in Ghent. Thank you for your valuable participation !

The final programme will be announced before soon on the website

[www.pevoc12.be](http://www.pevoc12.be)

where you will find information as to the date, time, and location of your presentation. If you have not already done it, you are now kindly invited to register via the website : remember that the deadline for « Regular » registration is July 28th. Please inform also your co-authors.

As announced, the abstracts and summaries of free papers, posters, workshops and round tables will be published in the Congress-Proceedings.

With my colleagues of the Committee, I look forward to welcome you in Ghent before soon !

With kindest regards, also on behalf of Dr. Mieke Moerman,

P.H. DeJonckere  
Coordinator of the Scientific Committee

# AVOIDING SURGERY: INTRALESIONAL VOCAL FOLD STEROID INJECTION- REVIEW OF THE EVIDENCE AND TECHNIQUE

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## **Abstract:**

Professional voice users often frequently diagnosed with repetitive strain injuries with secondary vocal fold pathology. Current standard of care is usually multimodality with medical treatment of concomitant morbidities, behavioural speech therapy and surgery for pathology deemed unlikely to improve with conservative management.

Recently, there has been a trend to move towards in office based procedures given the advances in videoendoscopy and adjunct equipment. Intralesional vocal fold steroid injections have also been expanding in application and used to treat various benign vocal fold lesions that traditionally would have been managed surgically. Pathology such as vocal fold polyps, submucosal fibrous lesions, Reinke's oedema, and vocal fold stiffness/scar have been treated with intralesional steroids with variable degrees of improvement reported. .

The purpose of this presentation is to review the evidence in the literature regarding the use of direct site injection of steroids to treat benign vocal fold lesions particularly in professional voice users. The mechanisms of action, steroid preparations, mechanisms of action and dose utilized will be reviewed along with possible adverse effects from this procedure.

The technique for in-office injection with topical anaesthesia will be discussed including various styles of administering topical anaesthesia. There are several methods reported (transcutaneous, endoscopic port etc) for steroid vocal fold injection which will be illustrated along with useful clinical tips for performing the injection. Case presentation and video samples of the procedure will be used to illustrate and highlight the technique.

Patient safety during any intervention is also a priority. Discussion of possible complications and preventive measure along with the current University of Toronto protocol for in office procedures will be described.

Goals:

At the end of the workshop, attendees will be able to:

1. Describe various pharmacological preparations of injectable steroids, their mechanism of action and potential adverse effects.
2. Understand several methods of topical anaesthesia, and safety protocol used at the SMH, University of Toronto Voice Centre.
3. Describe the various methods for in office steroid injection for vocal folds lesions.