CLINICAL IMAGE

Kissing Tonsils

Syed Mudasir Qadri

Department of General Medicine, SKIMS Soura, Srinagar, J&K

This 15-year-old female child presented with a history of recurrent throat infections of past many years. It would often be accompanied by fever which would subside by getting a few days of antibiotics and anti-inflammatory drugs prescribed by a local practitioner. On examination, she was also found to have bilateral cervical tender lymphadenopathy. Oropharyngeal examination of the patient revealed bilateral enlarged and erythematous palatine tonsils, which were in contact with the adjacent sides of the uvula. These enlarged tonsils that are in contact in the midline are also known as "Kissing Tonsils" (Fig 1).

The organism most commonly responsible for recurrent tonsillitis is Streptococcus pyogenes. Whereas Streptococcus infections can easily be treated with antibiotics, if the infection occurs again and again, like in this case, the tonsils then become permanently swollen. Treatment is the surgical removal of the enlarged tonsils by an ENT specialist. The patient was prescribed a course of oral antibiotics and anti-inflammatory medication and referred to an ENT specialist for surgical removal of the enlarged tonsils.

Conflict of Interest: Nil

Financial Conflict: Nil

A written consent: Taken from the patient



Fig 1. Oropharyngeal examination of the patient, revealing bilaterally enlarged and erythematous palatine tonsils in proximity*

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Correspondence:
Dr. Syed Mudasir Qadri,MD
Associate Professor,
Department of General Medicine, SKIMS Soura, Srinagar, J&K
Email: drsmudasir@yahoo.co.in

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