



ADENOIDITIS

About

Adenoiditis is an inflammation of the adenoids caused by infection. Adenoids are masses of lymphatic tissue that help the body fight infection. Adenoids are found in the throat, also called the pharynx, just behind the nose. Along with the tonsils, adenoids are the first line of defense against bacteria and viruses.

Symptoms

Adenoiditis may begin as a swelling or enlargement of the adenoids. The swelling may block or restrict your airways. It can also make it difficult to breathe through your nose.

Other problems associated with swollen adenoids include:

- sounding nasally when speaking, as if you're talking through your nose
- sore or dry throat from breathing through the mouth
- breathing through your mouth becomes more comfortable than breathing through your nose
- snoring during the night or any time you sleep
- symptoms of infection, such as a runny nose that produces green or discolored mucus.

