

# Acute laryngitis

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Hoarseness lasting for 3–4 weeks should always be referred for an ENT opinion

Chronic laryngitis may be specific and can be caused by myco bacteria, syphilis and fungi. Treatment is directed towards the causative organism. Non-specific laryngitis is common, the main predisposing factors being smoking, chronic upper and lower respiratory sepsis and voice ab use. Gastro-oesophageal reflux has been implicated as a factor in laryngitis, vocal fold nodules and polyps, but the evidence is controversial. However, antireflux medication and proton pump inhibitors are commonly prescribed. Diagnosis of chronic laryngitis should not be made unless the larynx has been fully evaluated by a laryngologist. Acute laryngitis

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