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NASAL SEPTUM DEVIATIONS

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Topicality. Deviated nasal septum is a common disorder of the nose. The septum is a bone and cartilage that separate the right and left sides of the nasal cavity. In many people, the nasal septum is off-center — or deviated — making one nasal passage smaller. When a deviated septum is severe, it can block one side of the nose and reduce airflow, causing the difficulty of breathing. The additional exposure of a deviated septum to a drying effect of airflow through the nose may sometimes contribute to crusting or bleeding in certain people. A nasal blockage or congestion (obstruction) can occur from a deviated nasal septum, from swelling of the nose tissue lining both. The treatment of nasal obstruction may include medications to reduce the swelling or nasal dilators that help to open the nasal passages, or surgery to correct a deviated septum. The search for the optimal treatment of this defect (conservative or surgical) is one of the urgent problems in otolaryngology.

The aim: to study the anatomy of normal and deviated nasal septums, the information about symptoms, causes, complications and prevention of nasal septum deviation. To collect the data of nasal septum deviation among students of BSMU.

Materials and methods. Foreign and native scientific articles have been analyzed. Information about the frequency of occurrence of nasal septum deviation was collected with application of the Google Forms tests.

Results. 113 students of BSMU have been interviewed. Only 39,3% of respondents made regular visits to the otolaryngologist once a year, 36,3% of respondents visited the otolaryngologist only in emergency cases. 64,6% of interviewed students had shortness of breath only if they had got a bad cold. 9,7% of respondents had problems with breathing regularly. 24,8% of students had nosebleeds of unknown reasons. The same number of respondents suffered from frequent headaches of unknown reasons. 4,4% of students always snored, 19,5% snored depending of the position of body. 18,6% of questioned students suffered from chronic rhinitis. According to the numbers, 85% of interviewed students seldom suffered from nasal stuffiness, 14,2% — always, and 0,9% have never suffered from it. Concerning the impaired sense of smell, 76,1% don't have this problem, 23,9 — faced with such symptom. 44,2% of questioned students didn't know about the state of their nasal septum, but they wanted to know, 44,5% knew about its state and 13,3% didn't consider that it was necessary to know.

Conclusion. According to the research, visually 68,1% had the normal nasal septum, 25,7% had small deviations, 6,2% had severe deviations. 42,5% of the respondents preferred the surgical treatment, 24,3% — physiotherapy, 23% didn't want to change it and 9,7% preferred something else. In case of problems with a deviated septum, chronic sinusitis or nasal allergies, it is necessary for everyone to make an appointment to see an otolaryngologist in order to get the right diagnosis. Also it is recommended to visit a doctor once a year for prophylactic measures.