

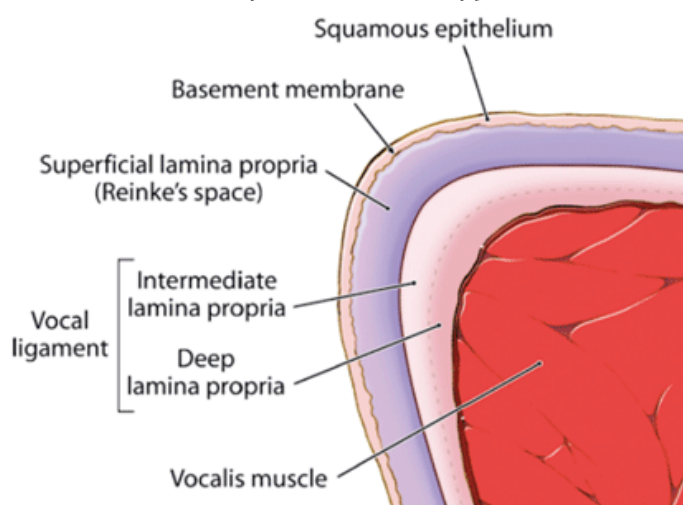


# BENIGN VOCAL FOLD LESIONS

Episode 38.1

## ANATOMY OF THE VOCAL CORDS

Vocal folds composed of 3 major tissue types

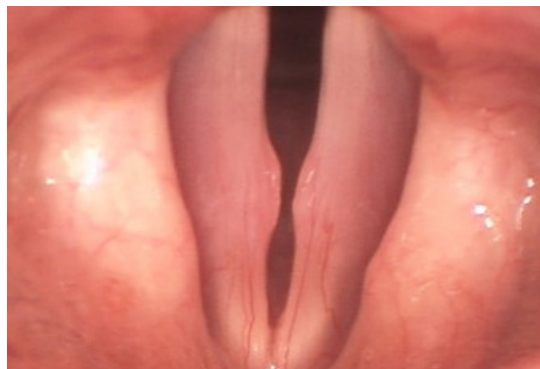


## KERATOTIC LESIONS

- Leukoplakia, erythroplakia
- Concern for malignant transformation
- Etiologies: LPR, smoking, voice abuse
- Serial exams if lesion is stable and does not require excision



## VOCAL FOLD NODULES, POLYPS & CYSTS

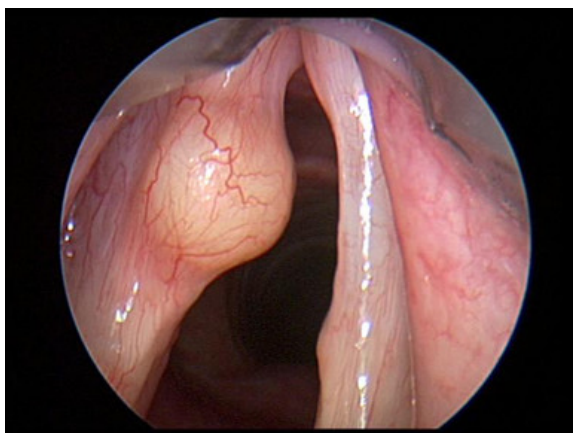


### Nodules

- Bilateral, symmetric
- Typically disappear after voice therapy or voice rest

### Polyps

- Unilateral or bilateral
- Typically exophytic
- May be clear or hemorrhagic
- Do not disappear after voice therapy or voice rest



### Cysts

- Unilateral or bilateral
- Have a distinct capsule
- Affect mucosal wave on stroboscopy
- Require excision

## MANAGEMENT

- Stroboscopic exam
- Voice therapy / voice rest
- Surgery if functional impairments persist
- Worse prognosis with cysts and fibrous masses