

Understanding Laryngomalacia in Children: Causes, Symptoms, and Treatment

Delma Veron*

Department of Pediatrics, Yale University School of Medicine, New Haven, Connecticut, USA

DESCRIPTION

Laryngomalacia is a common condition in infants that affects the larynx or the voice box. It is a congenital disorder, meaning it is present at birth, and can cause difficulty breathing, especially during feeding or sleeping. This article will discuss the causes, symptoms, and treatment options for laryngomalacia in children.

Causes for laryngomalacia

The exact cause of laryngomalacia is not yet known, but it is believed to be due to an underdeveloped larynx. During fetal development, the larynx may not fully develop, leading to weak cartilage or floppy tissues. This causes the tissues to collapse and obstruct the airway, especially when the child is sleeping or feeding.

Risk factors that may increase the likelihood of developing laryngomalacia include premature birth, low birth weight, and genetic conditions such as Down syndrome or Pierre Robin sequence.

Symptoms

The most common symptom of laryngomalacia in children is noisy breathing, particularly when the child is feeding or sleeping. The breathing may sound like a high-pitched wheezing or a rattling noise. Other symptoms may include difficulty feeding, poor weight gain, and fatigue.

In severe cases, laryngomalacia can cause breathing difficulties, particularly during feeding or sleeping. The child may exhibit signs of respiratory distress, such as rapid breathing, grunting, and retractions, which are inward movements of the chest wall.

Diagnosis

Laryngomalacia is typically diagnosed through a physical exam by a pediatrician or a pediatric Ear, Nose, and Throat (ENT) specialist. The doctor will examine the child's breathing, listen to

their chest, and may perform a laryngoscopy, which is a procedure that uses a flexible scope to look at the larynx. In some cases, additional tests such as a sleep study or a chest X-ray may be ordered to evaluate the extent of the breathing difficulties.

Treatment

In most cases, laryngomalacia in children will resolve on its own as the larynx matures. However, treatment may be necessary if the child is experiencing severe breathing difficulties or difficulty feeding. The treatment options for laryngomalacia in children include the following:

Positioning: Placing the child in an upright position during feeding or sleeping may help reduce the symptoms of laryngomalacia.

Medications: Medications such as acid reflux medications or steroids may be prescribed to reduce the inflammation in the airway and improve breathing.

Feeding changes: Changing the feeding method, such as switching to a smaller, more frequent feeding schedule, may also help reduce the symptoms of laryngomalacia.

Surgery: In severe cases, surgery may be necessary to correct the larynx's structural abnormalities. The most common surgical procedure for laryngomalacia is a supraglottoplasty, which involves removing or repositioning the floppy tissues in the larynx.

Laryngomalacia is a common condition in infants that can cause noisy breathing and breathing difficulties during feeding or sleeping. It is a congenital disorder that is typically due to an underdeveloped larynx. While the condition may resolve on its own as the larynx matures, treatment may be necessary to alleviate the symptoms and improve breathing. Parents should consult their pediatrician or a pediatric ENT specialist if they notice any symptoms of laryngomalacia in their child. With proper diagnosis and treatment, children with laryngomalacia can lead healthy and active lives.

Correspondence to: Delma Veron, Department of Pediatrics, Yale University School of Medicine, New Haven, Connecticut, USA, E-mail: drdelveron@gmail.com

Received: 28-Feb-2023; Manuscript No. PTCR-23-22668; **Editor assigned:** 02-Mar-2023; PreQC. No. PTCR-23-22668 (PQ); **Reviewed:** 16-Mar-2023; QC. No. PTCR-23-22668; **Revised:** 23-Mar-2023; Manuscript No. PTCR-23-22668 (R); **Published:** 30-Mar-2023, DOI: 10.35841/2161-0665.23.13.509.

Citation: Veron D (2023) Understanding Laryngomalacia in Children: Causes, Symptoms, and Treatment. *Pediatr Ther.* 13:509.

Copyright: © 2023 Veron D. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.