Ocena wyników leczenia nagłej głuchoty idiopatycznej z zastosowaniem terapii tlenem hiperbarycznym

Evaluation of hyperbaric oxygen and pharmacological therapy in sudden hearing loss

Marcin Jadczak, Piotr Rapiejko, Ireneusz Kantor, Kornel Szczygielski, Jacek Usowski, Jacek Piechocki, Dariusz Jurkiewicz

Summary

Treatment of idiopathic sudden hearing loss (SHL) is still a big problem for the otolaryngologists, due to the still unexplained etiopathogenesis of the illness. The aim of this study was to evaluate effectiveness of pharmacotherapy combined with the hyperbaric oxygen (HBO) in idiopathic sudden sensorineural hearing loss treatment. Patients who received HBO and medical treatment in the Department of Otolaryngology of Military Institute of Health Service and Warsaw Center for Hyperbaric Therapy and Wounds Treatment were studied. **Material and methods.** Nine patients, with idiopathic sudden hearing loss - patients treated in 2007 year were studied. There were 5 women and 4 men involved in our study - mean age: 41 years old. Patients with sensorineural hearing loss of minimum 15 dB at 0,25-8 kHz and tinnitus were included in the treatment group. Improvement of hearing of minimum 10 dB at 0,25-8 kHz in pure tone audiometry and decrease in the intensity of tinnitus was considered as an improvement. **Results.** Statistically significant difference in Pure Tone Audiometry results obtained before and after the treatment was noted in 500 Hz, 1 kHz, 2 kHz, 3 kHz, 4 kHz and 8 kHz. Statistically significant difference was noted in 500 Hz, 2 kHz, 3 kHz when treatment was started within 6 days since the acoustic trauma. No side effects of therapy were observed. **Conclusions.** Hyperbaric oxygen therapy is the unique method of increasing concentration of oxygen in the inner ear fluids thus facilitates the regeneration process. Hyperbaric oxygen therapy combined with steroids is an effective method of sensorineural hearing loss treatment. Important is to start the therapy quickly after hearing loss.