

# Pharyngitis, Acute

## What is it?

- **Pharyngitis, Acute**– very large tonsils that cause trouble breathing and swallowing; inflammation of the throat or pharynx(back of the throat); one type of upper respiratory tract infection; sore throat

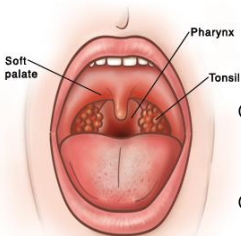
## Symptoms:

- **Symptoms**- cough, fever, sore throat, painful, headache, joint pain, muscle aches, skin rashes, swollen lymph nodes in the neck



## Facts:

- **Caused by-**
  - **Acute**- caused by viral infections (40 to 60%)- adenovirus, influenza, Mono, mouth ulcers, measles, common cold virus, HIV; the problems has been there about 2-3 weeks
  - **Remainder**- caused by bacterial or fungal infection, or irritants as chemical substances or pollutants
  - **Home Remedies that Help**- drink warm liquids, gargle with warm salt water, suck on hard candies, throat lozenges or popsicles to soothe the throat, take acetaminophen not aspirin for children, use a cool mist vaporizer or humidifier to moisten and soothe a dry and painful throat; most go away on their own without complications



## What can I do?

- **See your Health Care Provider**- for more information
  - **Tests**- physical examination to look at your throat; may do laboratory tests
  - **Eliminate Factors that Perpetuate Inflammation**- tobacco smoke, alcohol, mouthwashes with alcohol, solvents, paint fumes, cleaning fluids, smog, diet with heavily spices, salted or acidic foods
  - **Recommendations**- to gargle with warm salt water several times a day ( 1 T. salt, 1 teaspoon baking soda and 1 pint of water)
- **See a Registered Dietitian**- for help as needed with the spicy, salty or acidic foods

