

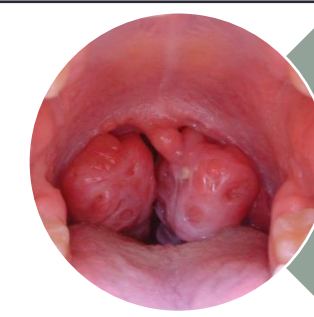


INTRODUCTION

If someone asked you where stones can form in the human body, you might think of the kidneys. But, the kidneys aren't the only place. The tonsils are another location where hard, and sometimes, painful stones may develop in certain people.

Tonsil stones, or tonsilloliths, are hard white or yellow formations that are located on or within the tonsils.⁽¹⁾

SYMPTOMS



Tonsil swelling



Ear pain



Difficulty swallowing



White debris



Bad breath

HOW ARE TONSIL STONES TREATED ?



At-home removal : Some people choose to dislodge tonsil stones at home with the use of picks or swabs.



Antibiotics: Various Antibiotics can be used to treat tonsil stones



Salt water gargles: Gargling with warm, salty water may help ease the discomfort of tonsillitis, which often accompanies tonsil stones

DISCUSSION

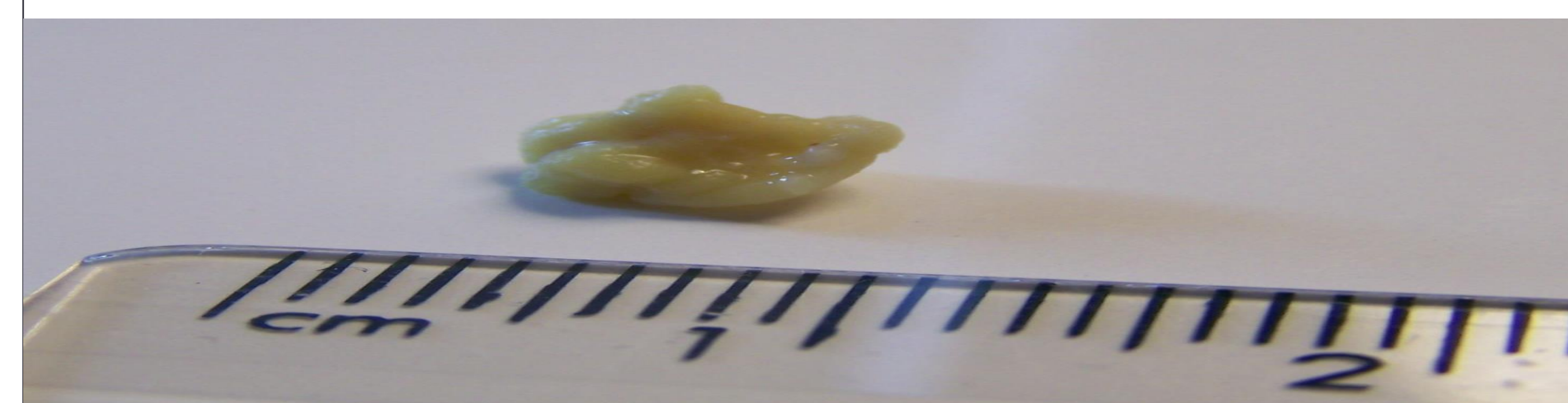
The mechanism by which these calculi form is subject to debate, though they appear to result from the accumulation of material retained within the crypts, along with the growth of bacteria and fungi – sometimes in association with persistent chronic purulent tonsillitis.

Recently, an association between biofilms and tonsilloliths was shown. Central to the biofilm concept is the assumption that bacteria form a three dimensional structure, dormant bacteria being in the center to serve as a constant nidus of infection. ⁽²⁾

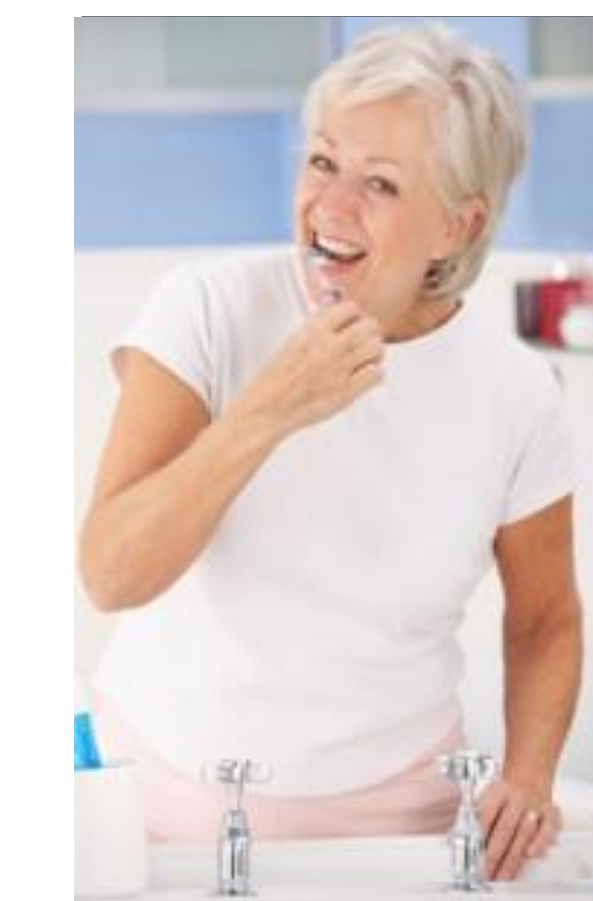


CAUSES

- Chronic inflammation of the tonsils.
- Trapping of the bacteria, dead cells and mucus in the tonsil crypts.
- Repeated bouts of tonsillitis.
- Post nasal drip – excess mucus trapped in the tonsil crypts.
- Allergies.
- Sinus infections.
- Bacterial and viral infections in the throat area.⁽³⁾
- Autoimmune disorders.
- Environmental toxins.



CAN TONSIL STONES BE PREVENTED ?



Conclusion

Tonsil stones, or tonsilloliths, are hard white or yellow formations that are located on or within the tonsils.

Reference

- 1_ <https://www.webmd.com/oral-health/guide/tonsil-stones-tonsilloliths-treatment-and-prevention#1>
- 2_ <https://itonsilstones.com/>
- 3_ <https://www.medicalnewstoday.com/articles/315026.php>