

# Abstracts of the WCMSR

## 01. RISK FACTORS ASSOCIATED WITH TONSILLITIS IN PATIENTS AGED 4 – 18 YEARS IN TERTIARY CARE HOSPITALS OF PESHAWAR DURING 2023 – 2024.

Waleed Ahmad<sup>1</sup>, Jalwa Khan<sup>1</sup>, Ahsan Alvi<sup>1</sup>, Rubeena Mian Mustafa<sup>1</sup>, Hamid Hussain<sup>1</sup>.

<sup>1</sup>Naseer Teaching Hospital, Peshawar, Pakistan.

**BACKGROUND:** Tonsillitis is an acute inflammation of the tonsils, frequently observed in children and adolescents. It presents with symptoms such as sore throat, fever, cervical lymphadenopathy, and tonsillar exudates, caused by viral pathogens (e.g., rhinovirus, adenovirus, influenza) and bacteria, notably group A beta-hemolytic *Streptococcus pyogenes*.

**OBJECTIVE:** To identify and evaluate the risk factors associated with tonsillitis in patients aged 4 to 18 years admitted to tertiary care hospitals in Peshawar during 2023–2024.

**MATERIALS AND METHODS:** A case-control study was conducted at the tertiary care hospitals in Peshawar: Khyber Teaching Hospital (KTH) and Hayatabad Medical Complex (HMC) in patients aged 4 to 18 years during 2023–2024, including 52 cases (patients diagnosed with tonsillitis) and 99 controls (patients without tonsillitis), using a 1:2 ratio. Participants were selected through convenience sampling, and data were collected using a structured questionnaire. IRB/ERC approval was not required as participation was fully voluntary, with implied consent through completion of anonymous questionnaires.

**RESULTS:** The study found that frequent consumption of spicy and sour foods, exposure to polluted environments, and a history of recurrent throat infections were significantly associated with an increased risk of developing tonsillitis. These results align with findings from previous studies conducted in regions with similar environmental and dietary patterns.

**CONCLUSION:** This concludes that environmental factors, dietary habits, and a history of throat infections are major contributors to tonsillitis among children and adolescents. Focusing on pollution control, improved hygiene, and dietary

awareness are recommended to reduce the burden of tonsillitis in the region.

**Key Words:** Tonsillitis, Peritonsillar Abscess, Pharyngitis, Case-Control Studies, Risk Factors