

Using the tongue to palpate a lesion in the postnasal space: a unique case of self-diagnosis

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DESCRIPTION

This 64-year-old lady presented to ear, nose and throat department with a history of left-sided nasal blockage and a lesion in her postnasal space which was palpable by her tongue. In figure 1, the patient demonstrates how she was able to self-diagnose the

cause of her symptoms, and therefore prompting a general practitioner referral, by manoeuvring the tip of her tongue to fit into the postnasal space. Flexible nasal-endoscopy and CT confirmed a large antrochoanal polyp in her left nostril extending to the postnasal space. She went on to have functional endoscopic sinus surgery and polypectomy.



Figure 1 Oropharynx showing the tongue reflected behind the soft palate in the postnasal space.

Learning points

- ▶ Clinicians should never underestimate the value of a patient's input in formulating a diagnosis.
- ▶ An unusual method for the human body to self-diagnose an anatomically discreet lesion.

Competing interests None.

Patient consent Obtained.

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