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

Nora Haloob,1 Robert Nash2

1Department of ENT, Lister Hospital, Stevenage, UK
2Department of ENT, Royal National Throat Nose and Ear Hospital, London, UK

Correspondence to Nora Haloob, nora.haloob@nhs.net

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.

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.
Provenance and peer review Not commissioned; externally peer reviewed.

To cite: Haloob N, Nash R. BMJ Case Rep Published online: [please include Day Month Year] doi:10.1136/bcr-2013-008651

Copyright 2013 BMJ Publishing Group. All rights reserved. For permission to reuse any of this content visit http://group.bmj.com/group/rights-licensing/permissions.

Become a Fellow of BMJ Case Reports today and you can:
▸ Submit as many cases as you like
▸ Enjoy fast sympathetic peer review and rapid publication of accepted articles
▸ Access all the published articles
▸ Re-use any of the published material for personal use and teaching without further permission

For information on Institutional Fellowships contact consortiasales@bmjgroup.com

Visit casereports.bmj.com for more articles like this and to become a Fellow.