IntraTympanic Steroid Treatment for Sudden Sensorineural Hearing Loss

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RESULTS

Aim

Intratympanic (IT) steroids are increasingly used in the treatment of sudden sensorineural hearing loss (SSNHL). The aim of this study is to investigate the effectiveness of IT administration of dexamethasone treatment for SSNHL.

METHODS AND MATERIALS

Medical records of sudden SNHL patients who were treated with IT dexamethasone in our hospital were retrospectively reviewed from Jan. 2004 to Oct. 2010. The indications for IT treatment were: 1) Failure of systemic therapy 2) Patients with contraindications for systemic therapy 

All patients underwent a complete clinical history, physical and audiologic examination, viral serology, autoimmune antibody test

Pre, during and post treatment audiometric evaluations were performed

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In group-I the mean number of days from onset of symptoms and beginning of treatment (systemic therapy or IT dexamethasone) was 13 days with a range of 1 day to 30 days.

A 20-dB improvement in SRT was considered a successful therapeutic intervention and recovery.

CONCLUSIONS

This study shows that IT dexamethasone therapy may be beneficial in the treatment of sudden SNHL. Although the results of this study and other similar ones are convincing, a prosaic randomized controlled study is warranted.

The presence of vertigo is a poor prognostic indicator.