Sore throat

Infection

Infection is an illness that is caused by germs or micro-organisms (tiny organisms) that invade the body. Micro-organisms include the like of viruses, bacteria and fungi.¹

Normally the immune system protects the body from infection with the result that invading microbes or micro-organisms are destroyed before they can multiply in sufficient numbers to cause disease.¹
**Throat infections**

**Pharyngitis:**

Pharyngitis is an **inflammation of the throat or pharynx** that is usually caused by a **virus** but is also commonly caused by **bacteria**.

**Symptoms:**
- Sore throat
- Discomfort when swallowing
- Earache
- Fever
- Enlarged lymph nodes in the neck

**Treatment:**
- Anti-inflammatory analgesics
- Throat lozenges, throat gargles
- Antibiotics if bacterial infection is suspected

**Tonsillitis:**

Tonsillitis is an **inflammation of the tonsils** that occurs as a result of infection.

**Symptoms:**
- Swollen, bloodshot tonsils
- Sore throat
- Difficulty in swallowing
- Earache
- Fever
- Headache
- Tender lymph nodes in the neck
- Bad breath

**Treatment:**
- Treatment is the same as for pharyngitis
**Streptococcal throat:**

Strep. throat is an infection of the pharynx or tonsils caused by a type of bacteria called *Streptococcus pyogenes*.

**Symptoms include:**
- Sore throat **without** runny nose or congestion (these symptoms are more likely to occur with viral pharyngitis)
- **White patches** on the tonsils
- **Swollen lymph nodes** in the neck
- **Fever** with temperature greater than 38 °C

**Sore throats**

**Tonsillitis**

**Strep throat**

**Streptococcal**

**infection**

**Laryngitis**

**Laryngitis** is an *inflammation* of the larynx or voice box that may be acute lasting only a few days or chronic, where it persists for a long time.

**Symptoms:**
- Unnatural change of voice, hoarseness or loss of voice
- Throat pain or discomfort
- Dry irritating cough
- Laryngitis that occurs as a result of a viral infection is often accompanied by fever and a general feeling of illness

**Treatment:**
- Resting the voice
- Antibiotic if caused by bacteria
- Throat lozenges or gargle if sore throat present
- Anti-inflammatory analgesic
Management of sore throat

Pain relief is the primary factor that a customer or patient with a sore throat seeks help for.

**Benzydamine**

- **Anti-inflammatory agent with analgesic properties**
  - Benzydamine is a local anti-inflammatory painkiller\(^4\,^5\)
  - Benzydamine reduces prostaglandin synthesis\(^5\)

- **Anaesthetic activity\(^6\)**
  - Rapidly and effectively anaesthetizes the oral cavity for at least 90 minutes
**Pain relief**

**Benzydamine**

- Anti-inflammatory agent with analgesic properties
  - Benzydamine is a local anti-inflammatory painkiller.¹,²
  - Benzydamine reduces prostaglandin synthesis.³
- Anaesthetic activity⁴
  - Rapidly and effectively anaesthetizes the oral cavity for at least 90 minutes
- Analgesic

**Andolex-C for pain relief associated with minor oral infections**

Andolex-C contains: chlorhexidine gluconate, has antiseptic and disinfectant properties and helps reduce the development of plaque.

Andolex-C Gel and Lozenges contain: cetylpyridinium chloride as a quaternary pyridinium antiseptic with bactericidal and fungicidal activity.

**Antiseptic agents**

**Definition:**²

An antiseptic is an agent that inhibits the growth of micro-organisms such as viruses, bacteria and fungi. Antiseptics like chlorhexidine gluconate and cetylpyridinium chloride are added to some throat products.

Andolex-C contains benzydamine, helps reduce swelling and pain caused by inflammation.⁵,⁶

**References:**