Nasal tuberculosis in a 56 year old woman

Abstract

Background: Nasal tuberculosis (NTB) is rare, but it can be caused by either a pulmonary disease or a retrograde involvement of the nose by lupus vulgaris of the facial skin. In this study, we present a case of NTB with an ulcerative lesion in her left nasal cavity.

Case presentation: A 56 years old woman presented with an ulcerative lesion in her left nasal cavity. The patient exhibited no clinical evidence of any systemic diseases. Peripheral leucocyte count (CBC) was normal but erythrocyte sedimentation rate was elevated. Mantoux’ test elicited 25 mm reaction after 72 hr. Chest x-ray was normal. Pathological evaluation of the lesion revealed the caseating granulomas, epithelioid cells, lymphocytes, and a few giant cells. These findings suggested a diagnosis of tuberculosis. The patient was cured after 6 months treatment with standard regimen of tuberculosis.

Conclusion: Although, nasal tuberculosis is rare, it should be considered in the differential diagnosis of patients with chronic nasal symptoms and ulcerative lesions of the nose.

Keywords: Tuberculosis, Nasal tuberculosis, Nasal cavity, Ulcerative lesion.

Citation:
The mucosa over the turbinate and the mucosa over the septum were thick and bled when touched. The lesion was biopsied. A diagnosis of granulomatous disease of the nose was made. The patient exhibited no clinical evidence of any systemic diseases.

**Discussion**

In this paper we present a case of nasal tuberculosis in an endemic region. Reported cases of nasal tuberculosis have occurred in patients between the ages of 20 and 84 years. The NTB occurs more often in women than men. The presenting symptoms were nasal obstruction, nasal discharge, epistaxis, crusting, recurrent nasal polyps and ulceration. Lesions may be ulcerative, infiltrative, or proliferative, and most cases were unilateral (5). The most commonly involved site is the nasal septum. Perforation of the nasal septum occurs in some cases (4).

The diagnosis is difficult because NTB sign and symptoms are nonspecific (9). A definitive diagnosis is made by identifying or isolating tuberculosis bacilli from tissue removed during biopsy or surgery. Nasal secretions and swab specimens have a very low yield and should not be used to rule out this condition. On histology, both caseation and non-caseation granulomas have been described. Biopsies of noncaseating granulomas are confusing histologically, and these cases are often misdiagnosed as Wegener's granuloma (1, 3). Acid-fast bacilli may be demonstrated on Ziehl-Neelsen staining cultures of involved tissues are more often positive than are smears. A portion of any biopsy specimen should be sent for culture, along with a notification of the types of organisms that are suspected (10). Standard 6 months anti TB treatment should be established for the treatment of NTB. Accordance of current TB incidence trends, it would be kept in mind of infectious disease specialist as well as ENT specialist to consider of TB as a potential entity when encountering an unusual lesion in the nasal cavity (10, 11). The nasal lesion in our patient was diagnosed as nasal tuberculosis on the basis of histology and the clinical response to antituberculous drugs.

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**References**

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