

中文題目：扁桃腺切除會增加靜脈血栓栓塞？

英文題目：Can tonsillectomy increase risk of venous thromboembolism?

作者：鐘威昇

服務單位：衛生福利部臺中醫院內科

Background: Most surgeons do not regard tonsillectomy as a major surgery, and preventive strategies against venous thromboembolism (VTE) are not implemented during tonsillectomy surgery in Taiwan. However, VTE may become serious in patients who have recently undergone surgery. We conducted a nationwide cohort study to evaluate the incidence and risk of VTE among subjects who underwent tonsillectomy when compared to those in a cohort without tonsillectomy.

Methods: Patients aged ≥ 20 years who received tonsillectomy between 2000 and 2012 were identified from the National Health Insurance Research Database as an tonsillectomy cohort. Patients without tonsillectomy were randomly selected from the general population and assigned to the control cohort, that were frequency matched to each study patient at a 4:1 ratio by sex, age, and index year. All patients were followed until VTE development, censoring, or the end of 2012. We used Cox models to estimate the hazard ratio (HR) and 95% confidence interval (CI) to compare the risk of VTE between the tonsillectomy and control cohorts.

Results: A total of 24969 patients undergoing tonsillectomy and 99876 patients without tonsillectomy were enrolled, respectively. The tonsillectomy had an increased incidence of VTE than did the non-tonsillectomy (3.89 vs 2.2 /100,000 person-y). After controlling for potential covariates, the tonsillectomy cohort had a 61% increased risk of VTE compared with the control cohort (adjusted HR = 1.61, 95% CI = 1.19–2.19).

Conclusions: The patients who underwent tonsillectomy may increase incidence and risk of developing VTE.

Keywords: tonsillectomy; venous thromboembolism