Laryngeal Anisakiasis: An Unusual Cause of Foreign-Body Sensation in the Throat
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A 41-year-old woman presented with a 2-day history of foreign-body sensation in the throat. She denied voice change or dysphagia. She reported eating raw fish 5 days before the onset of symptoms. Flexible fiber-optic laryngoscopy revealed a wriggling worm beneath the mucosa of the right aryepiglottic fold of the larynx (Figure 1). Endoscopic removal was initially attempted through the flexible endoscope using biopsy forceps in the clinic setting. The worm was ultimately removed with forceps under general anesthesia.

The worm measured 4 mm in length and 1 mm in width. Morphological and histological examination confirmed that the worm was consistent with the *Anisakis* species. The patient’s foreign-body sensation resolved soon after the worm was removed. No additional worms were found during upper gastroesophagoscopy.

**Discussion**

Anisakiasis is a human disease caused by the accidental ingestion of larval nematodes belonging to the family Anisakidae. Humans acquire the infection by eating raw seafood, such as sushi, sashimi, raw fish carpacio, and ceviche. Anisakis is most often found in the mucosa or submucosa of the stomach and intestine. Throat irritation, as in this case, occurs when the worms migrate back up the upper esophagus or laryngopharynx. Although flexible removable via an endoscope is common for anisakis lodged in the gastrointestinal tract, this may not be tolerated in the awake office setting because of the sensitivity of the supraglottic mucosa. Early removal of the worm is recommended to prevent the formation of eosinophilic granulomas due to an allergic reaction.

Although laryngeal anisakiasis is extremely uncommon, it should be considered in the differential diagnosis of foreign-body sensation in the throat, in the setting of increasing consumption of raw fish. This case report was approved by the Chungnam National University Hospital’s Institutional Review Board.

**Author Contributions**

Seo Young Kwak, critical review and data acquisition; Yeo-Hoon Yoon, drafting the manuscript.

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**References**


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