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Balloon Dilation of the Eustachian Tube in Pediatric Patients

Pediatric Eustachian Tube Dysfunction (ETD) represents a spectrum of disorders affecting children worldwide, with persistent disease estimated in up to 30–40% of cases. While tympanostomy tubes have long been the mainstay of management, they do not address the underlying pathophysiology of the Eustachian tube. Balloon Dilation of the Eustachian Tube (BDET) is an emerging intervention that directly targets the mucosal pathology of the tube, offering a potential shift in how we approach recalcitrant ETD in children. The talk will review the indications for pediatric BDET, discuss patient selection, and provide an overview of the procedure and its complications. It will also compare long-term outcomes of BDET with tympanostomy tube placement and highlight the critical role of addressing contributing factors such as adenoid hypertrophy and allergic disease.

Biography

Dr. Shraddha Mukerji is an Assistant Professor in the Department of Pediatrics at Baylor College of Medicine and an attending physician in the Division of Pediatric Infectious Diseases at Texas Children's Hospital, Houston, Texas, USA. She is a clinician-scientist whose work focuses on congenital and neonatal infections, maternal–fetal infectious diseases, and improving outcomes for vulnerable paediatric populations. Her clinical expertise includes the diagnosis, treatment, and prevention of complex infectious diseases affecting infants and children.