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DEPARTMENT: MEDICINE AND SURGERY

COLLEGE: MEDICINE AND HEALTH SCIENCES

Level: 300level

Course: Gross Anatomy of Head and Neck

Course Code: ANA 301

Assignment

1) Discuss the Anatomy of the tongue and comment on its applied anatomy

2) Write an essay on the air sinuses

1. ***Tongue***

*The tongue is a mobile muscular organ that can assume a variety of shapes and positions*. *It is partly in the* ***oral cavity*** *and partly in the* ***oropharynx.*** *The tongue is involved with mastication, taste, deglutition (swallowing), articulation, and oral cleansing; however, its main functions are forming words during speaking and squeezing food into the oropharynx when swallowing*

***Parts and Surfaces of the Tongue***

* *The tongue has*
* *a root*
* *a body*
* *an apex*
* *a curved dorsum*
* *and an inferior surface*

***parts***

***The root of the tongue:*** *is the part of the tongue that rests on the floor of the mouth*. *It is usually defined as the posterior third of the tongue*

***The body of the tongue****:is the anterior two thirds of the tongue*

***The apex (tip) of the tongue:*** *is the anterior end of the body, which rests against the incisor teeth*

* *Note: The body and apex of the tongue are extremely mobile.*

***The dorsum (dorsal surface) of the tongue****:* *is the posterosuperior surface, which is located partly in the oral cavity and partly in the oropharynx*. *The dorsum is characterized by a V-shaped groove called the* ***terminal sulcus*** *or* ***groove (sulcus terminalis)***. *Posterior to this groove is* ***foramen cecum****. This small pit, frequently absent, is the non-functional remnant of the proximal part of the embryonic thyroglossal duct from which the thyroid gland developed*

* *The terminal sulcus divides the dorsum of the tongue into the:*
* ***anterior (oral) part*** *in the* ***oral cavity proper***
* ***posterior (pharyngeal)*** *part in the* ***oropharynx***
* *The margin of the tongue is related on each side to the lingual gingivae and lateral teeth*
* *The mucous membrane on the anterior part of the tongue is rough because of the* ***presence of numerous small lingual papillae(small nipple like process)****:*
* *Vallate papillae: Large and flat topped, they lie directly anterior to the terminal sulcus and are arranged in a V-shaped row*
* *Foliate papillae: Small lateral folds of the lingual mucosa*
* *They are poorly developed in humans*
* *Filiform papillae: Long and numerous, they contain afferent nerve endings that are sensitive to touch*
* *Fungiform papillae: Mushroom shaped pink or red spots, they are scattered among the filiform papillae but are most numerous at the apex and margins of the tongue*
* ***The vallate, foliate, and most of the fungiform papillae contain taste receptors in the taste buds***.
* *The mucous membrane over the anterior part of the dorsum of the tongue is thin and closely attached to the underlying muscle*. *A shallow midline groove of the tongue divides the tongue into right and left halves called the* ***median sulcus***. *The mucous membrane of the posterior part of the tongue is thick and freely movable*. *It has no lingual papillae, but the underlying lymphoid nodules give this part of the tongue an irregular, cobblestone appearance. The lymphoid nodules are known collectively as the* ***lingual******tonsil****. The pharyngeal part of the tongue constitutes the anterior wall of the oropharynx*. *The inferior surface of the tongue is covered with a thin, transparent mucous membrane through which one can see the underlying veins. This surface is connected to the floor of the mouth by a midline fold called the* ***frenulum of the tongue.*** *The frenulum allows the anterior part of the tongue to move freely*. *On each side of the frenulum, a deep lingual vein is visible through the thin mucous membrane*

***Note:***

* *There are four basic taste sensations: sweet, salty, sour, and bitter*
* ***Sweetness*** *is detected at the apex*
* ***saltiness*** *at the anterolateral margins*
* ***sourness*** *at the posterolateral margins*
* ***bitterness*** *at the posterior part of the* *tongue*

***Muscles of the Tongue***

*The tongue is essentially a mass of muscles that is mostly covered by mucous membrane extrinsic muscles alter the position of the tongue while intrinsic muscles alter its shape*. *The four intrinsic and four extrinsic muscles in each half of the tongue are separated by a median fibrous lingual septum, which merges posteriorly with the lingual aponeurosis*

***Extrinsic Muscles of the Tongue***

*These include:*

* *genioglossus*
* *Hyoglossus*
* *styloglossus*
* *palatoglossus*
* *They originate outside the tongue and attach to it*
* *They mainly move the tongue but they can alter its shape as well*

***Intrinsic Muscles of the Tongue***

*They include:*

* *superior longitudinal muscle*
* *inferior longitudinal muscle*
* *transverse muscle*
* *vertical muscles*
* *They have their attachments entirely within the tongue and are not attached to bone*
* ***Vasculature of the Tongue***

***Arterial supply***

* *The arteries of the tongue are derived from the lingual artery, which arises from the external carotid artery*

 *On entering the tongue, the lingual artery passes deep to the hyoglossus muscle and give rise to the:*

* *The dorsal lingual arteries which supply the posterior part (root);*
* *the deep lingual arteries supply the anterior part.*
* *The deep lingual arteries communicate with each other near the apex of the tongue.*
* *The dorsal lingual arteries are prevented from communicating by the lingual septum*

***Venous drainage***

* *The veins of the tongue are the dorsal lingual veins, which accompany the lingual artery;*
* *the deep lingual veins, which begin at the apex of the tongue, run posteriorly beside the lingual frenulum to join the sublingual vein*
* *The sublingual veins in elderly people are often varicose (enlarged and tortuous)*
* *All these lingual veins terminate, directly or indirectly, in the IJV*

***The lymphatic drainage of the tongue***

* *Lymph from the tongue takes four routes*
* *Lymph from the posterior third drains into the* ***superior deep cervical lymph nodes***
* *Lymph from the medial part of the anterior two thirds drains directly to the* ***inferior deep cervical lymph nodes***
* *Lymph from the lateral parts of the anterior two thirds drains to the* ***submandibular lymph nodes***
* *The apex and frenulum drain to the* ***submental lymph nodes***
* *The posterior third and the medial part of the anterior two thirds drain bilaterally*

***Innervation of the Tongue***

***Motor innervation***

* *All muscles of the tongue, except the palatoglossus (actually a palatine muscle supplied by the vagus nerve(X) of the pharyngeal plexus), receive motor innervation from the hypoglossal nerve (CN XII)*

***Sensory innervation***

*The anterior two thirds of the tongue are supplied by:*

* *the lingual nerve (CN V3) for general sensation*
* *the chorda tympani, a branch of the facial nerve (CN VII) transferring nerve fibers to the lingual nerve, for taste*

*The posterior third of the tongue and the vallate papillae are supplied by:*

* *the lingual branch of the glossopharyngeal nerve (CN IX) for both general sensation and taste*
* *Another contribution is made by the internal laryngeal branch of the vagus (CN X) for general sensation and taste*
* *Hence CN VII, CN IX, and CN X provide nerve fibers for taste; those from CN VII are ultimately conveyed by CN V3*

***Clinical anatomy***

*Lingual Carcinoma*

* *A lingual carcinoma in the posterior part of the tongue metastasizes to the superior deep cervical lymph nodes on both sides, whereas a tumor in the anterior part usually does not metastasize to the inferior deep cervical lymph nodes until late in the disease.*

*Because these nodes are closely related to the IJV, metastases from the tongue may be widely distributed through the submental and submandibular regions and along the IJVs in the neck.*

***Frenectomy***

* *An overly large lingual frenulum (tongue-tie/ ankyloglossa) interferes with tongue movements and may affect speech*
* *In unusual cases, a frenectomy (cutting the frenulum) in infants may be necessary to free the tongue for normal movement and speech*

***Thyroglossal Duct Cyst***

* *A cystic remnant of the thyroglossal duct, associated with development of the thyroid gland, may be found in the root of the tongue and be connected to a sinus that opens at the foramen cecum*. *Surgical excision of the cyst may be necessary. Most thyroglossal duct cysts are in the neck, close or just inferior to the body of the hyoid bone*

**2) Air sinuses or Paranasal sinuses** are a group of four paired [air-filled spaces](https://en.wikipedia.org/wiki/Skeletal_pneumaticity) that surround the [nasal cavity](https://en.wikipedia.org/wiki/Nasal_cavity).[[1]](https://en.wikipedia.org/wiki/Paranasal_sinuses#cite_note-emed-1) The [maxillary sinuses](https://en.wikipedia.org/wiki/Maxillary_sinus) are located under the [eyes](https://en.wikipedia.org/wiki/Human_eye); the [frontal sinuses](https://en.wikipedia.org/wiki/Frontal_sinus) are above the eyes; the [ethmoidal sinuses](https://en.wikipedia.org/wiki/Ethmoid_sinus%22%20%5Co%20%22Ethmoid%20sinus) are between the eyes and the [sphenoidal sinuses](https://en.wikipedia.org/wiki/Sphenoidal_sinus) are behind the eyes. The [sinuses](https://en.wikipedia.org/wiki/Sinus_%28anatomy%29) are named for the [facial bones](https://en.wikipedia.org/wiki/Facial_skeleton) in which they are located.

Structure

Humans possess four paired paranasal sinuses, divided into subgroups that are named according to the [bones](https://en.wikipedia.org/wiki/Bone) within which the sinuses lie:

* The [maxillary sinuses](https://en.wikipedia.org/wiki/Maxillary_sinus), the largest of the paranasal sinuses, are under the [eyes](https://en.wikipedia.org/wiki/Human_eye), in the maxillary bones (open in the back of the [semilunar hiatus](https://en.wikipedia.org/wiki/Semilunar_hiatus) of the nose). They are innervated by the [trigeminal nerve](https://en.wikipedia.org/wiki/Trigeminal_nerve) (CN V2)
* The [frontal sinuses](https://en.wikipedia.org/wiki/Frontal_sinus), superior to the eyes, in the [frontal bone](https://en.wikipedia.org/wiki/Frontal_bone), which forms the hard part of the [forehead](https://en.wikipedia.org/wiki/Forehead). They are also innervated by the [trigeminal nerve](https://en.wikipedia.org/wiki/Trigeminal_nerve) (CN V1)
* The [ethmoidal sinuses](https://en.wikipedia.org/wiki/Ethmoid_sinus%22%20%5Co%20%22Ethmoid%20sinus), which are formed from several discrete air cells within the [ethmoid bone](https://en.wikipedia.org/wiki/Ethmoid_bone%22%20%5Co%20%22Ethmoid%20bone) between the [nose](https://en.wikipedia.org/wiki/Human_nose) and the eyes. They are innervated by the [ethmoidal nerves](https://en.wikipedia.org/wiki/Ethmoidal_nerves%22%20%5Co%20%22Ethmoidal%20nerves), which branch from the [nasociliary nerve](https://en.wikipedia.org/wiki/Nasociliary_nerve%22%20%5Co%20%22Nasociliary%20nerve) of the [trigeminal nerve](https://en.wikipedia.org/wiki/Trigeminal_nerve) (CN V1).
* The [sphenoidal sinuses](https://en.wikipedia.org/wiki/Sphenoidal_sinus%22%20%5Co%20%22Sphenoidal%20sinus), in the [sphenoid bone](https://en.wikipedia.org/wiki/Sphenoid_bone). They are innervated by the trigeminal nerve (CN V1 & V2).

The paranasal air sinuses are lined with [respiratory epithelium](https://en.wikipedia.org/wiki/Respiratory_epithelium) (ciliated pseudostratified columnar epithelium).

**Development**

Paranasal sinuses form developmentally through excavation of bone by air-filled sacs ([pneumatic diverticula](https://en.wikipedia.org/wiki/Skeletal_pneumaticity)) from the [nasal cavity](https://en.wikipedia.org/wiki/Nasal_cavity). This process begins prenatally (intrauterine life), and it continues through the course of an organism's lifetime.

The results of experimental studies suggest that the natural ventilation rate of a sinus with a single [sinus ostium](https://en.wikipedia.org/wiki/Sinus_ostium) (opening) is extremely slow. Such limited ventilation may be protective for the sinus, as it would help prevent drying of its mucosal surface and maintain a near-sterile environment with high [carbon dioxide](https://en.wikipedia.org/wiki/Carbon_dioxide) concentrations and minimal [pathogen](https://en.wikipedia.org/wiki/Pathogen) access. Thus composition of gas content in the maxillary sinus is similar to [venous blood](https://en.wikipedia.org/wiki/Venous_blood), with high carbon dioxide and lower [oxygen](https://en.wikipedia.org/wiki/Oxygen) levels compared to breathing air.[[3]](https://en.wikipedia.org/wiki/Paranasal_sinuses#cite_note-physiology-3)

At birth only the [maxillary sinus](https://en.wikipedia.org/wiki/Maxillary_sinus) and the [ethmoid sinus](https://en.wikipedia.org/wiki/Ethmoid_sinus%22%20%5Co%20%22Ethmoid%20sinus) are developed but not yet pneumatized; only by the age of seven they are fully aerated. The [sphenoid sinus](https://en.wikipedia.org/wiki/Sphenoid_sinus) appears at the age of three, and the [frontal sinuses](https://en.wikipedia.org/wiki/Frontal_sinus) first appear at the age of six, and fully develop during adulthood.[[4]](https://en.wikipedia.org/wiki/Paranasal_sinuses#cite_note-4)

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Clinical significance

**Inflammation**

The paranasal sinuses are joined to the [nasal cavity](https://en.wikipedia.org/wiki/Nasal_cavity) via small orifices called [ostia](https://en.wikipedia.org/wiki/Sinus_ostium%22%20%5Co%20%22Sinus%20ostium). These become blocked easily by allergic inflammation, or by swelling in the nasal lining that occurs with a [cold](https://en.wikipedia.org/wiki/Common_cold). If this happens, normal drainage of [mucus](https://en.wikipedia.org/wiki/Mucus) within the sinuses is disrupted, and [sinusitis](https://en.wikipedia.org/wiki/Sinusitis) may occur. Because the maxillary posterior teeth are close to the maxillary sinus, this can also cause clinical problems if any disease processes are present, such as an infection in any of these teeth. These clinical problems can include secondary sinusitis, the inflammation of the sinuses from another source such as an infection of the adjacent teeth.

These conditions may be treated with drugs such as [decongestants](https://en.wikipedia.org/wiki/Decongestant), which cause vasoconstriction in the sinuses; reducing inflammation; by traditional techniques of [nasal irrigation](https://en.wikipedia.org/wiki/Nasal_irrigation); or by [corticosteroid](https://en.wikipedia.org/wiki/Corticosteroid).

**Cancer**

Malignancies of the paranasal sinuses comprise approximately 0.2% of all malignancies. About 80% of these malignancies arise in the maxillary sinus. Men are much more often affected than women. They most often occur in the age group between 40 and 70 years. [Carcinomas](https://en.wikipedia.org/wiki/Carcinoma) are more frequent than [sarcomas](https://en.wikipedia.org/wiki/Sarcoma). Metastases are rare. [Tumours](https://en.wikipedia.org/wiki/Neoplasm%22%20%5Co%20%22Neoplasm) of the sphenoid and frontal sinuses are extremely rare.