

# BALKAN ORL-HNS

The Official Journal of Balkan Association of Otorhinolaryngology, Head and Neck Surgery

Volume 1 • Issue 2 • May 2024





## Editor in Chief

**Cem Uzun**

Koç University, İstanbul, Türkiye  
cemuzun@yahoo.com; cemuzun@ku.edu.tr

## Section Editors

**Fuad Brkic**

Professor, Tuzla University, Tuzla, Bosnia & Herzegovina

**Raluca Grigore**

UMF, "Carol Davila", Bucharest, Romania

**Armağan İncesulu**

Osmangazi University, Eskişehir, Türkiye

**Suela Sallavaci**

Tirana University, Tirana, Albania

**Stefanos Triaridis**

Aristotle University, Thessaloniki, Greece

## Advisory Board

**Thomas Balkany**

University of Miami, Florida, USA

**Rumen Benchev**

Sofia Medical University, Sofia, Bulgaria

**Serban Bertesteanu**

Bucharest Medical University, Bucharest, Romania

**Jetmira Bulaj**

Albanian Society of ORL-HNS, Tirana, Albania

**Per Caye-Thomasen**

University of Copenhagen, Copenhagen, Denmark

**Marina Chakar**

Skopje University, Skopje, North Macedonia

**Stan Cotulbea**

Timisoara Medical University, Timisoara, Romania

**Pavel Dimov**

Trakia University, Stara Zagora, Bulgaria

**Karen Dzhambazov**

Plovdiv Medical University, Plovdiv, Bulgaria

**Taner Kemal Erdağ**

Dokuz Eylül University, İzmir, Türkiye

**Dan Fliss**

Tel Aviv Sourasky Medical Center, Tel Aviv, Israel

**Eleftherios Frekidis**

University of Athens, Athens, Greece

**Kemal Görür**

Mersin University, Mersin, Türkiye

**Günter Hafız**

American Hospital, İstanbul, Türkiye

**Ehab Hanna**

MD Anderson Cancer Center, Houston, USA

**Emanuel Helidonis**

University of Crete, Crete, Greece

**İbrahim Hızalan**

Uludağ University, Bursa, Türkiye

**Karl Hörmann**

University of Mannheim, Mannheim, Germany

**Qazim Hysenaj**

Prishtina University, Prishtina, Kosovo

**Frodita Jakimovska**

Skopje University, Skopje, North Macedonia

**Rajko Jovic**

University of Novi Sad, Novi Sad, Serbia

**Tayyar Kalcioğlu**

Istanbul Medeniyet University, İstanbul, Türkiye

**Ahmet R. Karasalihoğlu**

Trakya University, Edirne, Türkiye

**Asim Kaytaz**

Acibadem University, İstanbul, Türkiye

**Nesil Keleş**

Istanbul University, İstanbul, Türkiye

**Mete Kiroğlu**

Çukurova University, Adana, Türkiye

**Vladan Knezevic**

International Medical Center, Podgorica, Montenegro

**Gabriela Kopaceheva**

Skopje University, Skopje, North Macedonia

**Zgjim Limani**

Prishtina University, Prishtina, Kosovo

**Jacques Magnan**

Marseille University, Marseille, France

**Dusan Milisavljevic**

University of Nis, Nis, Serbia

**Mario Milkov**

Varna University, Varna, Bulgaria

**Gheorghe Muhlfay**

Targu Mures University, Targu Mures, Romania

**Eugene N. Myers**

University of Pittsburg, Pensilvanya, USA

**Hesham Negm**

Cairo University, Cairo, Egypt



# BALKAN ORL-HNS

**Jane Netkovski**  
Skopje University, Skopje, North Macedonia

**Nikola Nikolovski**  
Skopje University, Skopje, North Macedonia

**Metin Önerci**  
Hacettepe University, Ankara, Türkiye

**Ferhan Öz**  
Acıbadem University, Istanbul, Türkiye

**Cengiz Özcan**  
Mersin University, Mersin, Türkiye

**O. Nuri Özgirgin**  
Bayındır Hospital, Ankara, Türkiye

**Anestis Psifidis**  
Aristotle University, Thessaloniki, Greece

**Sarp Saraç**  
Koç University, Istanbul, Türkiye

**Levent Sennaroğlu**  
Hacettepe University, Ankara, Türkiye

**Dugaqjin Spanca**  
University Clinical Centre of Kosova, Prishtina, Kosovo

**Slobodan Spremo**  
Banja Luka University, Banja Luka, Bosnia & Herzegovina

**Milan Stankovic**  
University of Nis, Nis, Serbia

**Sekib Umihanic**  
Tuzla University, Istanbul, Türkiye

**Ömer Faruk Ünal**  
Koç University, Istanbul, Türkiye

**Dilyana Vicheva**  
Plovdiv University, Plovdiv, Bulgaria

**Özgür Yiğit**  
Şişli Hamidiye Etfal Eğitim ve Araştırma Hastanesi, Istanbul, Türkiye

**Elvir Zrvko**  
Podgorica University, Podgoritsa, Montenegro

**Birkena Qirjazi**  
Tirana University, Tirana, Albania

Language Editing is provided by Deanta Publishing Services Private Limited.



**General Manager**  
Ali Şahin

**Finance Coordinator**  
Sinem Fehime Koz

**Journal Managers**  
Deniz Kaya  
Irmak Berberoğlu

**Publications Coordinators**  
Alara Ergin  
İrem Özmen  
Derya Azer  
Nisanur Atıcı  
Şeref Mert Gücün

**Web Specialist**  
Erdem Ercivan

**Project Assistant**  
Batuhan Kara

**Contact**  
Address: Büyükdere Cad. 199/6, 34394,  
Şişli, İstanbul, Türkiye  
Phone: +90 212 217 17 00  
E-mail: info@avesyayincilik.com

Publishing Service: AVES  
Address: Büyükdere Cad., 199/6 34394  
Şişli, İstanbul, Türkiye  
Phone: +90 212 217 17 00  
E-mail: info@avesyayincilik.com  
Webpage: www.avesyayincilik.com



## ABOUT

### About the Balkan ORL-HNS

Balkan ORL-HNS is a peer reviewed, open access, online-only journal published by the Balkan Association of Oto-Rhino-Laryngology, Head-and Neck Surgery (<https://balkanent.org>).

Balkan ORL-HNS is a triannually journal that is published in English in January, May, and September.

All content published in the journal is permanently archived in Portico.

### Aims, Scope, and Audience

Balkan ORL-HNS aims to be a good edifying journal in the Balkan peninsula and a trustful reference for the world, which publishes studies of the highest scientific, ethical and clinical value, and encourages the submission of high-quality research that advances the understanding of all aspects and sub-specialties of otolaryngology-head and neck surgery. Balkan ORL-HNS also encourages researchers to submit their replication studies and the studies with negative results on common diseases in the region, which are important for the science to develop.

Balkan ORL-HNS covers a wide range of topics related to otolaryngology-head and neck surgery, including otology, rhinology, laryngology, head and neck, otoneurology, audiology, speech and swallowing pathologies, sleep apnea, facial plastics and multidisciplinary research with related sciences.

The journal publishes research articles, case reports, reviews, and letters to the editor.

The target audience of the journal includes healthcare professionals, physicians, and researchers who are interested in or working in the otolaryngology-head and neck surgery, and related disciplines in the Balkan region as well as in the world.

### Open Access Policy

Balkan ORL-HNS is an open access publication.

Balkan ORL-HNS is funded by the Balkan Association of Oto-Rhino-Laryngology, Head-and Neck Surgery. Authors are not required to pay any fees during the evaluation and publication process.

All content published in the journal is licensed under the Creative Commons Attribution-NonCommercial (CC BY-NC) 4.0 International License which allows third parties to use the content for non-commercial purposes as long as they give credit to the original work. This license allows for the content to be shared and adapted for non-commercial purposes, promoting the dissemination and use of the research published in the journal.

When using previously published content, including figures, tables, or any other material in both print and electronic formats, authors must obtain permission from the copyright holder. Legal, financial and criminal liabilities in this regard belong to the author(s).

### Copyright Policy

A Copyright Agreement and Acknowledgement of Authorship form should be submitted with all manuscripts. By signing this form, authors agree that the article, if accepted for publication by the Balkan ORL-HNS will be licensed under a Creative Commons Attribution-Non Commercial 4.0 International License (CC BY-NC 4.0) which permits third parties to share and adapt the content for non-commercial purposes by giving the appropriate credit to the original work. Authors retain the copyright of their published work in Balkan ORL-HNS.

### Inclusion and Diversity Policy

In order to contribute to reduce biases in scholarly publishing, *Balkan ORL-HNS* accepts and supports the *Joint commitment for action on inclusion and diversity in publishing by applying the Minimum standards on inclusion and diversity* at its organizational framework and editorial processes.

### Sex and Gender Policy

*Balkan ORL-HNS* contributes sex and gender equity in research and publication by applying the *Sex and Gender Equity in Research (SAGER) guidelines* at its editorial decision and review processes. Manuscripts, which are discordant to these guidelines, may be rejected.



## Environment and Sustainability Policy

Balkan Association of Otorhinolaryngology, Head and Neck Surgery, and its journal *Balkan ORL-HNS* signs the *UN SDG Publishers Compact*. The Editor in Chief, Cem Uzun, is assigned as the responsible person who will take care of journal activities to be in compliance with the *UN Sustainable Development Goals (SDG)*, especially with the SDG3 (Good Health and Well-being), SDG4 (Quality Education), SDG5 (Gender Equality), SDG6 (Clean Water), SDG7 (Affordable and Clean Energy), SDG13 (Climate Action), SDG16 (Peace, Justice and Strong Institutions) and SDG17 (Partnerships for the Goals).

## Peer Review Process

Manuscripts submitted to *Balkan ORL-HNS* will go through a double anonymized peer-review process where both authors and reviewers are anonymous to each other. Each submission will be reviewed by at least two external, independent peer reviewers who are experts in their fields in order to ensure an unbiased evaluation process.

Submissions will first go through a technical evaluation process during which the editorial office staff will ensure that the manuscript was prepared and submitted in accordance with the journal's guidelines. Submissions that do not conform to the journal's guidelines will be returned to the submitting authors with technical correction requests.

Submissions that conform to the journal's guidelines will be assigned to the Editor in Chief who will assess each submission's suitability to the journal in terms of scope and quality. Submissions that are not suitable for the journal can be rejected at this stage.

For papers that are suitable for the journal, the Editor in Chief will work with Section Editors who will recruit reviewers for the manuscript. Once assigned, Section Editors can suggest the Editor in Chief to reject a manuscript, continue with the peer review process, or request revisions before further peer-review.

Section editors will submit their recommendations that are based on reports submitted by the reviewers to the Editor in Chief. Revised manuscripts will be reassessed by the Section Editors who will aim to work with the original reviewers to make a new recommendation.

The Editor in Chief is the final authority in the decision-making process for all submissions.

In the event of delays, authors will be informed of the reason for the delay and given the opportunity to withdraw their manuscript.

Once the peer-review process is completed, the authors will receive anonymous peer-review reports along with the editorial decision on their manuscript. Peer-review reports will not be posted publicly in any medium. The submitted material is considered confidential and must not be used in any way until after its publication. If it is suspected that a reviewer has appropriated an author's ideas or data, the Editorial Board will handle the matter in accordance with the relevant COPE's guideline.

Authors can recommend peer-reviewers during submission. The handling editor is the sole authority to decide whether or not recommended peer-reviewers will be invited to evaluate the manuscript.

Peer reviewers are required to adhere to the principles of COPE's Ethical Guidelines for Peer-reviewers. These guidelines provide a framework for reviewers to follow in order to ensure the integrity and fairness of the peer review process. The Editorial Board follows COPE's relevant flowchart to minimize peer review manipulation. If there is suspicion of peer review manipulation after publication, the Editorial Board will follow the appropriate flowchart of COPE.

Potential peer reviewers should inform the Editor in Chief of any possible conflicts of interest before accepting an invitation to review a manuscript. Informing the editor of any potential conflicts of interest allows them to make an informed decision about whether or not to invite the potential reviewer to participate in the review process. It also helps to ensure the integrity and transparency of the review process.

Communications between Editors and peer reviewers contain confidential information that should not be shared with third parties.

## Handling Papers from Editorial Board Members

To ensure an equitable peer-review process, the *Balkan ORL-HNS* will recruit external editors for manuscripts submitted by the Journal's editorial board members. External editors will be selected based on academic qualifications and peer-review experience. We uphold the confidentiality of external editors and reviewers to preserve impartiality. Reviewers and external editors are asked to disclose any potential conflicts of interest, promoting transparency and a reliable evaluation process.



If an article's peer review is an exception to the journal's usual policy, the type of the review it received will be displayed on the article to ensure the transparency and accountability of the review process.

## Disclaimer

The statements or opinions expressed in the manuscripts published in the journal reflect the views of the author(s) and not the views of the editors, editorial board, and/or publisher. The editors, editorial board, and publisher are not responsible for the content of the manuscripts and do not necessarily endorse the views expressed in them. It is the responsibility of the authors to ensure that their work is accurate and well-researched, and the views expressed in their manuscripts are their own. The editors, editorial board, and publisher simply provide a platform for the authors to share their work with the scientific community.

All published content is available online, free of charge at <https://balkanorl-hns.org>.

## Ethics Statements, Journal Policies and Instructions for Authors

Please refer to the website of the journal: <https://balkanorl-hns.org>

## Owner

Balkan Association of Oto-Rhino-Laryngology, Head-and Neck Surgery (<https://balkanent.org>)

## Editor in Chief

Cem Uzun

**Address:** Koç University, School of Medicine, Department of Otorhinolaryngology, Topkapı, İstanbul, Türkiye

**E-mail:** [cemuzun@yahoo.com](mailto:cemuzun@yahoo.com) and [cemuzun@ku.edu.tr](mailto:cemuzun@ku.edu.tr)

**Publisher:** AVES

**Address:** Büyükdere Cad., 105/9 34394 Mecidiyeköy, Şişli, İstanbul, Türkiye

**Phone:** +90 212 217 17 00

**E-mail:** [info@avesyayincilik.com](mailto:info@avesyayincilik.com)

**Web page:** [avesyayincilik.com](http://avesyayincilik.com)



## CONTENTS

### INVITED REVIEW

- Current Treatment of Paragangliomas of the Head and Neck 42  
*Patrick J. Bradley*

### ORIGINAL ARTICLES

- Clinical Factors Associated with Difficulty in Identifying the Recurrent Laryngeal Nerve in Thyroid Surgery 51  
*Keigo Honda*
- Prophylaxis of Football Players with a Posturographic Platform in Medical University – Varna 56  
*Miroslav Stoykov, Mario Milkov*
- Is There an Association Between Sudden Sensorineural Hearing Loss and Coronavirus Disease 2019? A Comparison Between the Pre-pandemic and Pandemic Periods in Portugal 64  
*Adriana Cunha, Teresa Bernardo, Francisco T. Marques, Clara Pedro Mota, Nuno Lousan*
- Analysis of Hematological Parameters in Patients with Sudden Sensorineural Hearing Loss 70  
*Serdal Celik, F.Mehmet Hanege*