

Sources

-  [More than 500,000 U.S. children get tonsillectomies yearly](#)
-  [Tonsils shrink with age but train childhood immunity](#)
-  [Swollen tonsils contain lymph fluid, germs, and immune cells](#)
-  [Surgery threshold: seven, five, or three infections](#)
-  [Throat-infection benefits fade after the first year](#)
-  [Surgery improved sleep at one year; long-term data lacked](#)
-  [Danish study links removal to later respiratory disease](#)
-  [Upper-respiratory disease includes rhinitis and pharyngitis.](#)
-  [Swedish registry links surgery to stress disorders and PTSD](#)
-  [Swedish sibling study links surgery to higher cancer risk](#)
-  [Small sibling study links surgery to more COVID](#)
-  [IgA dropped from months to twenty years after surgery](#)
-  [IgA remained lower four to six years after surgery](#)
-  [IgA remained lower up to twenty years after surgery](#)
-  [IgA protects respiratory surfaces from bacterial and viral infections](#)
-  [IgA helps protect against other infections/](#)
-  [Tonsils make antimicrobial defensins](#)
-  [Tonsils make antimicrobial cathelicidins](#)
-  [Tonsils link innate and adaptive immune defenses](#)
-  [Tonsillectomy claims included deaths and major complications](#)
-  [Taiwan study links tonsillectomy to deep-neck infection](#)
-  [Canadian study links adenotonsillectomy to throat-neck abscesses](#)