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A Clinical Study of Oral Mucosal Lesions in Patients Attending Out Patients Department of Dermatology in Tertiary Care Hospital

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ABSTRACT

In oral medicine, dermatologic disease has got special attention, as oral mucosal lesions may be the primary clinical feature or the only sign of various mucocutaneous diseases. PURPOSE – The aim of this study was to access the clinical pattern and distribution of oral mucosal lesion (OML) in patients who sought for treatment in department of dermatology in a tertiary care hospital. MATERIAL AND METHOD – The study was conducted in department of dermatology in a tertiary care hospital. Duration of study was 6 months. In this study 200 cases reporting with oral mucosal lesion were included. Complete clinical data were taken. Dermatological, general and systemic examinations were carried out. Some diagnostic procedures were performed for confirming the diagnosis. RESULTS – Among 200 cases 95 were males and 105 were females age varied from 2 years to 75 years. Rural patients were more affected than urban patients. Different pattern of habits were seen in 67 patients (33.5%). Most common condition was lichen planus (n= 63, 31.5%).CONCLUSION – This study showed that oral mucosal lesions were frequently associated with dermatological diseases. Habituated patients were advised to give up smoking and other harmful habits.

Keywords: Oral mucosal lesion, lichen planus, dermatology, smoking, harmful habits.

INTRODUCTION

Oral cavity occupies a unique position in the human body with respect to its development, structure, microbiology, functions and diseases. Oral mucosal condition and disease may be caused by local causes (bacteria, viruses and fungi), systemic diseases (immunological or metabolic), drug related reaction or habits of consumption of tobacco, smoking and alcohol (1). Oral mucosal lesion is known as any abnormal alteration in color, surface aspect, swelling or loss of integrity of the oral mucosal surface (2).In oral medicine, dermatologic disease have got special attention, as oral mucosal lesions may be the primary clinical feature or the only sign of various mucocutaneous diseases(3,4). In this context most common pathologies are lichen planus, lupus erythematosus, erythema multiforme, pemphigus vulgaris and group of pemphigoid lesions (5, 6, and 7).

Aim & Objective:-

To evaluate the different clinical spectrum and distribution of oral mucosal lesions in patients attending a dermatological clinic in a tertiary care hospital.

Materials and Method:-

International Journal of Medical Science and Current Research | November-December 2018 | Vol 1 | Issue 4

It was an observational study in which 200 cases reporting with oral mucosal lesion at department of dermatology in tertiary care hospital were included. Duration of study was 6 months. Informed consent was taken from all patients. In case of minor consent was taken from guardians. Exclusion criteria was those were not giving consent, post operative head and neck malignancies and post radiation therapy. Complete clinical data were recorded. Dermatological, general and systemic examinations were done. Most of the patients sent for scrape cytology. In few cases histopathological and immunofluorescence studies were done. All other cases were diagnosed clinically.

Results:-

Age (years)	Male	Female	Total	Percentage
<u><</u> 10	3	11	14	7%
11 to 20	11	12	23	11.5%
21 to 30	22	23	45	22.5%
31 to 40	22	28	50	25%
41 to 50	11	17	28	14%
51 to 60	12	11	23	11.5%
>60	14	3	17	8.5%

 Table:-1 Age and Sex wise Distribution of oral mucosal lesion (n=200)



Fig:-1 Age and Sex wise Distribution of oral mucosal lesion

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Pattern of Habits	No. of Cases	Percentage
Smoking	16	8%
Tobacco Chewing	33	16.5%
Tobacco Chewing & Smoking	18	9%
None	133	66.5%

Table:-2 Habit wise Distribution of oral mucosal lesion (n=200)

Table:-3 Distribution of oral mucosal lesion (n=200)

Sl.no	Oral mucosal lesion	No. of cases	Percentage
1	Lichen Planus	63	31.5%
2	Ahpthous Ulcer	22	11%
3	Candidiasis	14	7%
4	Leukoplakia	13	6.5%
5	Erythema Multiforme	11	5.5%
6	Pemphigus Vulgaris	10	5%
7	Herpes Labialis	9	4.5%
8	Toxic Epidermal Necrolysis	8	4%
9	Discoid Lupus Erythematosus	7	3.5%
10	Varicella	6	3%
11	Geographic Tongue	6	3%
12	Mucocele	5	2.5%
13	Squamous Cell Carcinoma	4	2%
14	Herpes Zoster	3	1.5%
15	Fordyce's Spots	2	1%
16	Atrophic Glossitis	2	1%

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14

Page 1

Volume 1, Issue 4; November-December 2018; Page No. 112-116 © 2018 IJMSCR. All Rights Reserved

17	Submucous Fibrosis	2	1%
18	Systemic lupus erythematosus	2	1%
19	Traumatic Ulcer	2	1%
20	Haemangioma	1	0.5%
21	Squamous Cell Papilloma	1	0.5%
22	Scrotal Tongue	1	0.5%
23	Bullous Pemphigoid	1	0.5%
24	Actinic Cheilitis	1	0.5%
25	Secondary Syphilis	1	0.5%
26	Pyogenic Granuloma	1	0.5%
27	Molluscum Contagiosum	1	0.5%
28	Smoker's Melanosis	1	0.5%

Among 200 cases 95 (47.5%) were males and 105 (52.5%) were females. The ratio of male to female was 1:1.2. The age group of cases studied varied from 2 years to 75 years. Mean age was 36.1 years and peak age observed in the age group of 31-40 years. Rural patients (65.5%) were more affected than urban patients (34.5%). Different pattern of habits was present in 67 patients (33.5%). Out of these 200 cases, the most common condition was lichen planus (n=63,31.5%) followed by aphthous ulcer (n=22,11%), candidiasis (n=14,7%), multiforme leukoplakia (n=13,6.5%), erythema (n=11,5.5%), pemphigus vulgaris (n=10,5%), herpes labialis (n=9,4.5%), toxic epidermal necrolysis (n=8,4%), discoid lupus erythematosus (n=7,3.5%), varicella (n=6,3%), geographic tongue (n=6,3%), mucocele (n=52.5%), squamous cell carcinoma (n=4,2%), herpes zoster (n=3,1.5%), fordyce's spots (n=2,1%), atrophic glossitis (n=2,1%), submucous fibrosis (n=2,1%), systemic lupus erythematosus (n=2,1%), traumatic ulcer (n=2,1%), haemangioma, sqamous cell papilloma, scrotal tongue, bullous pemphigoid, actinic cheilities, pyogenic granuloma, molluscum contagiosum, and smoker's melanosis - 1 case each (0.5%). Analyzing the clinical symptoms, most common symptom was reported pain (50%). Most common systemic disease associated with oral mucosl lesions was HIV infection (9%). Duration of lesions ranged from few days to 8 years.

In accordance with "Moberick and AIDosri" et al (8) and "Mujica V and Rivera H" et al (9), our result also showed a higher incidence of oral mucosal lesions among females (52.5%), but "Mathew" et al (10) and "Patel"et al (11) showed more incidence in males. The patients from rural areas were having higher incidence (65.5%) of oral mucosal lesions than patients from urban areas (34.5%). This marginal increase might be due to factors like negligence and poor health consciousness of this rural community adding to it were high illiteracy rate prevalent them. The factors like smoking and tobacco chewing habits in the patient population risk them to different groups of disease causing oral manifestations. In the present study oral mucosal 16.5% lesion were found in of tobacco chewers. Among 200 cases, 63 cases (31.5%) were lichen planus. This was the most common oral mucosal lesions in our study. According to "Goncalves" et al (12) lichen planus (35%) was the common oral mucosal lesion. Reasons behind the highest prevalence of oral lichen planus in both studies were done in patients who sought for treatment at dermatology department.Pain was the most common symptom (50%) in this study and this is compatible with the study done by "Patel" et al (11).Out of 200 cases only 17% cases were associated with systemic diseases in which HIV infection was most common. Oral candidiasis (55%) was found most common in HIV patients.

Discussion:-

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Conclusion:-

Certain amount of dermatological diseases are strongly associated with oral lesions and could be early sign of any underlying disease and it can be neglected and misdiagnosed due to lack of information therefore cases with oral mucosal lesion requires multidisciplinary approach.

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