

Treatment of Diseases of the Oral Mucosa

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Annotation: The development of dental pathologies, as a rule, is a consequence of the progression of pathological processes occurring inside the human body. Against the background of weakened immunity, the influence of external negative factors increases, which leads to the formation of problem areas. The causes of diseases can be different: by the symptoms manifested on the tongue, lips and gums, as well as by the results of clinical diagnostics, including the use of professional equipment, the source of concern can be determined. Classification of diseases of the oral mucosa helps to make a correct diagnosis and begin therapy in a timely manner, avoiding more serious negative consequences.

Keywords: diseases of the oral mucosa, stomatitis, paradontosis, gingivitis, prevention of diseases of the oral mucosa.

Stomatitis

Stomatitis is an inflammation of the mucous membrane, characteristic of children and adults. Most often, stomatitis is bacterial, viral or fungal in nature. A bad toothbrush with hard, scratchy bristles, poorly fitting braces or crowns, and biting the cheeks and lips can also cause canker sores.

Most often, stomatitis manifests itself in the form of itchy, bright red or whitish sores and erosions on the inner surface of the cheek, tongue or gums. A person may complain of burning and swelling, bad breath, pain when chewing and swallowing. In advanced cases, the temperature may rise, sleep may be disturbed, and the person becomes irritable.

Glossitis

Glossitis is an inflammation of the tongue that can occur either as a result of injury (such as a burn), exposure to pathogens, or as a symptom of certain systemic diseases. Most often, glossitis is manifested by a burning sensation and discomfort in the mouth. The tongue becomes bright red and slightly swollen, and salivation may increase. The patient may complain of loss of taste or changes in the sense of taste, and eating or even just talking causes pain.

Highlit

Haylit (or cheilosis) is a disease in which the lips begin to peel, break, and “sticks” appear in the corners of the mouth. The reasons can be very different: exposure to wind and sun, allergic reaction, chronic diseases with skin lesions (dermatitis, psoriasis, etc.), endocrine pathologies or mycoses.

Oral leukoplakia

Oral leukoplakia is keratinization of the mucous membrane under the influence of aggressive factors, such as smoking. This condition is considered precancerous and therefore requires mandatory treatment.

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Most often, oral leukoplakia appears as whitish, grayish, or red plaques that cannot be removed, rough or keratinized areas, or strange thickenings on the lining of the mouth. As a rule, the patient does not experience pain or discomfort, and therefore does not immediately consult a doctor.

Paradontosis

The periodontium is the complex of tissues that surround the tooth and hold it in place: the gums, periodontal ligament, periodontium, root cementum and bone tissue. Periodontal diseases include: gingivitis, periodontitis and periodontal disease.

Gingivitis

Gingivitis is an inflammation of the gums that most often occurs due to inadequate or irregular oral hygiene. Pathogens accumulate in plaque and tartar, causing inflammation.

With gingivitis, inflammation affects only the surface of the gums and may cause bleeding, swelling of the gums, mild pain or discomfort when pressing, and bad breath. If treatment is not started, the inflammation will go further and affect the periodontium.

Periodontitis and periodontal disease

Very often, patients confuse periodontitis and periodontal disease. Periodontitis is an inflammatory disease of periodontal tissues that causes bleeding gums and leads to the gradual exposure of tooth roots, their mobility and, as a result, their loss. Periodontal disease is a non-inflammatory periodontal disease in which the lining of the gums and jaw bone gradually decrease. Unlike periodontitis, in which tooth tissue is destroyed over several years, periodontal disease progresses very slowly and develops over decades. The patient may not even realize that he has gum disease. Periodontal disease is rare compared to other oral diseases.

Causes of development of diseases of the oral mucosa

- Traumatic damage to oral tissues and other traumatic effects (chemical, thermal, etc.) with the development of traumatic erosion, ulcers, leukoplakia or leukokeratosis (keratinization of the mucous membrane, capable of malignant degeneration).
- Infectious diseases that affect the oral mucosa due to the penetration of viruses, spirochetes, bacteria, and fungi.

Quite often, the occurrence of pathological changes in the oral mucosa is associated with disruption of various organs and systems of the body: allergies, dysfunction of the cardiovascular system, gastrointestinal tract, endocrine disorders, systemic connective tissue diseases, blood diseases and other dermatoses, tuberculosis, AIDS and some other conditions.

Diagnosis of pathologies

Modern techniques used in dentistry make it possible to quickly identify infectious or fungal diseases of the oral mucosa. It is worth noting that self-diagnosis, as well as subsequent attempts at self-medication, often cause a deterioration in the general condition. Determining the causes of pathological changes is a medical task for which the following are used:

- Microscopic examination of samples.
- Test for allergic reactions.
- Test for viral pathogens.
- General examination and medical history.

Timely diagnosis is necessary to develop and implement the correct treatment plan that addresses both negative symptoms and factors that are proven to cause pathological changes.

Principles of treatment of diseases of the oral mucosa

Basic principles of treatment of diseases of the mucous membranes of the mouth, lips and tongue:



- Rational treatment requires contact between the dentist and other dental and non-dental professionals.
- Treatment must be carried out in compliance with the principles of bioethics, these diseases must be considered from the point of view of the state of the whole organism, therefore in most cases one cannot limit oneself to local effects only.
- An axiom for the dentist should be the elimination of all unfavorable irritating factors in the patient's oral cavity that can support and provoke the development of the pathological process. The use of so-called cauterizing agents and prolonged use of the same mouth rinses is unacceptable.
- Treatment should begin only after at least one preliminary diagnosis has been established and the following requirements have been met: be comprehensive; provide a pathogenetic approach; do not violate the anatomical and physiological characteristics of the oral mucosa; eliminate the pain factor; promote rapid epithelization of lesions; provide for the active involvement of the patient in performing treatment procedures at home.

Therapy methods

- Etiotropic and pathogenetic therapy aimed at eliminating the cause of the disease (antiviral, antibacterial therapy due to the infectious nature of stomatitis, glossitis, cheilitis, vitamin therapy for hypovitaminosis, treatment of the underlying disease that caused the appearance of a pathological process in the oral cavity) of the mucous membrane;
- Local treatment aimed at eliminating local traumatic factors, the main symptoms of the disease and faster healing of existing erosions and ulcers;
- General strengthening procedure that stimulates the body's defenses.

Prevention

To prevent painful symptoms, experts recommend following the universal rules of oral hygiene:

- Use properly selected toothbrushes, use them systematically, and also avoid bad habits, especially smoking.
- It is recommended to control your diet: in some cases, oral irritation may be caused by excessive consumption of oranges, lemons, etc.
- The habit of cleaning seeds not with your hands, but with your teeth can become unfavorable for the oral cavity.

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