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Diseases Of The Oral Cavity

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ABSTRACT

Nowadays diseases related to oral cavity are very common among population. The following article aims at exploring the root causes and symptoms of a number of ailments of this type together with ways of treatment.

KEYWORDS

Oral cavity, diagnosis, herpes, papilloma, pharyngitis.

INTRODUCTION

The state of the human body is often reflected in the oral cavity of adults. Systemic and pathological phenomena occurring in the patient's body can appear on the mucous membranes. They give an idea of the stability

of the immune system and the current state of health of the internal organs. According to experts, diseases of the oral cavity of adults are divided into three types: diseases of the teeth, mucous membranes and gums.

Factors affecting the condition of the oral mucosa:

The presence of bad habits (smoking, alcoholism)

Hormonal disorders

General dehydration

Weakened immunity, AIDS, HIV infection

Inflammatory processes of the gums and teeth

Genetic predisposition

Avitaminosis

Exposure to sudden temperature changes

The presence of infections or inflammation

Unbalanced diet

Taking antibiotic and potent drugs without medical supervision

Damage to internal organs or systems, their dysfunction

A healthy oral cavity of adults contains opportunistic microorganisms that, under the influence of unfavorable factors, can cause viral, infectious, lichen, inflammatory and fungal diseases of the mucous membrane, as well as dysbiosis.

Viral diseases

Viral diseases of the oral cavity are triggered by human papilloma and herpes viruses.

Herpes

Herpes is one of the most common ailments. According to some experts, 90% of all people in the world are infected with the herpes virus. Often the herpes virus is present in the patient's body in a latent form. In people with

strong immunity, it can manifest itself as a pimple on the lip, dying off on its own after 1-2 weeks. In people with weakened immune systems, herpes can be more serious. The latent form of the herpes virus can be activated due to lack of sleep, menstrual cycle, surgery, stress conditions, colds. At the beginning of the development of herpes, the patient feels itching and tingling of the lips, tissues around them. Soon the lips become red and swollen, and begin to ache, which complicates communication and eating. After that, single bubbles and their groups begin to appear. After a while, the bubbles burst and become small sores, which are covered with crusts. As a result, the ulcers slowly disappear, the redness subsides, the pain goes away. When the primary symptoms of herpes appear, ice should be applied to the lips and a moisturizing balm should be used. For the treatment of vesicles, ointments (Penciclovir) are prescribed.

Papilloma

Human papillomavirus appears in various areas of the body, but one type of virus causes papillomas in the mouth. In the mouth, these formations are similar to cauliflower, there are whitish plaques. The most adverse consequences of this ailment (voice change, shortness of breath) are possible if the lesion reaches the throat. Experts say that a complete cure for papilloma is impossible, you can only eliminate the symptoms. The papillomavirus is treated with immunotherapy, chemical, surgical, or cytostatic methods, or a combination of these methods. Infectious and inflammatory diseases

Oral infections include gingivitis, glossitis, stomatitis, and pharyngitis.

Pharyngitis

Pharyngitis is an inflammation of the mucous membranes of the pharynx, accompanied by discomfort, pain and sore throat, general malaise, and fever. Pharyngitis can be caused by inhalation of chemical pollutants, tobacco smoke, cold air, or an infectious process (pneumococcus).

Diagnosis of the disease consists in examining the throat and taking a smear. Taking antibiotics is prescribed in difficult situations, mostly hot foot baths, diet food, warming neck compresses, inhalations, rinses.

Glossitis

Glossitis is an inflammation that changes the shade and texture of the tongue. Glossitis is often caused by infection of the oral cavity due to the abuse of hot or alcoholic beverages, spicy foods, burns and injuries of the tongue and mouth, and refusal of oral hygiene. The primary symptoms of the disease are discomfort and burning. Soon there is a strong reddening of the tongue, increased salivation, dullness (absence) of taste.

Gingivitis

Gingivitis is an inflammation of the gum mucosa. Pregnant women and adolescents are at risk. Experts distinguish 4 types of ailment:

Necrotizing ulcerative gingivitis. It is characterized by the appearance of ulcers and necrosis, bad breath, general weakness, fever, swollen lymph nodes, severe soreness;

Catarrhal gingivitis. It is characterized by the appearance of edema, itching, bleeding of the gums;

Atrophic gingivitis. It is characterized by the appearance of an acute reaction of the teeth to

hot and cold, the exposure of the tooth, a decrease in the level of the gums;

Hypertrophic gingivitis. It is characterized by enlarged gingival papillae, mild soreness and bleeding of the gums.

A quick cure of this ailment is possible only with the timely start of treatment. The main thing here is to eliminate plaque and relieve inflammation with rinses and special preparations.

Stomatitis

With stomatitis, the infection of the body can occur in different ways, for example, during a mechanical injury. After this, the formation of ulcers, characteristic of this ailment and localized on the inner side of the lips and cheeks, under the tongue and at its root, begins. The ulcers have a round shape, a film in the center and smooth edges, they are shallow, but rather painful. During the treatment of stomatitis, it is worth abandoning toothpastes and mouth rinses containing sodium lauryl sulfate. Anesthetics are used to relieve pain, and disinfectants and anti-inflammatory drugs are used to remove the film.

Differences between herpes and stomatitis

Experts list three important differences between two ailments with similar symptoms:

Herpes affects the tissues adjacent to the bones, stomatitis affects soft tissues

With herpes, ulcers are formed from bursting vesicles, with stomatitis, there are ulcers initially

Herpes always occurs in the same places, stomatitis covers new areas

Fungal diseases

About 50% of the world's population are inactive carriers of the Candida fungus, which activates when immunity is weakened and causes candidiasis. Experts distinguish several types of ailment.

Thrush, for example, is manifested by a white bloom and dryness of the inside of the lips and cheeks, palate and back of the tongue, severe discomfort, burning sensation. The disease is more easily tolerated by children. Atrophic candidiasis is the most painful type of ailment, manifested by severe redness and dryness of the mucous membrane of the oral cavity, palate, and corners of the mouth. Hyperplastic candidiasis is manifested by a thick plaque, when trying to remove it, the tissues bleed. Another type of fungal disease is lichen planus, which causes ulcers, redness, blisters, and plaque in the patient's mouth. This disease often occurs in combination with diseases of the liver and gastrointestinal tract, diabetes.

Treatment of diseases of the oral cavity with a laser

Today, laser treatment is actively used in dentistry. They can not only treat caries and pulpitis, but also treat the soft tissues of the oral cavity. The laser allows: Eliminate bleeding gums by disinfecting periodontal pockets

Effectively remove plaque for the prevention of oral diseases

Disinfect areas affected by stomatitis and other diseases

Excision of overgrown soft tissue

As a rule, all this is done by one laser operating in different modes and with different intensities. The laser is good because it acts quickly, and the absence of direct contact of the instrument with the oral cavity makes the

procedures completely sterile. The laser accelerates tissue healing by enhancing blood flow and effectively eliminates harmful bacteria and plaque. The only drawback of the laser is the high cost of the equipment, therefore the prices for laser treatment are usually high, and not every clinic can afford a laser.

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