

Oral sub-mucous fibrosis, diagnosis and treating methods

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Commentary

Oral sub-mucous fibrosis is a deadly, chronic and precancerous state of the oral cavity next to the epithelium with an inflammatory reaction and progressive fibrosis of the sub mucous membrane. If the disease worsens, the oral mucous membrane becomes very thick that it would become difficult for the person to open the mouth. At this point, there are high chances of the mucous to turn into an oral cancer. Oral cancers occur mostly due to the chewing of tobacco, betel nut or its by-product. The other reasons may be extreme climatic conditions, immunological diseases, deficiency of vitamins and iron in the body. The symptoms include in the initial phase it may be leathery intense fibrotic bands. If the stage worsens, the mucous developed in the oral area turns pale and stiff. It is believed that the mucous develops from the backside and slowly spreads to the outer area. The other symptoms include pain in the ear or deafness, thinning of the lips, pigmentation of the oral mucous membrane, dry mouth, difficult to open the mouth etc. Diagnosis of the disease is done in three stages. The first stage is Stomatitis, where they check for any inflammation in the mouth area and lips. The second stage is Fibrosis, where they check for any lesions or pale thickened oral mucous membrane. In the last diagnostic stage they check for any condition of Oral submucous fibrosis i.e. they check for leukoplakia which means occurrence of a white patch on a mucous membrane which can cause a risk of cancer. They also check for any hearing or speech deficits. The treating methods for this disease includes proper diet with foods high in Vitamin A, B and C and iron. Asking the patient to quit chewing tobacco, betel nuts. Prescribing them to quit smoking and

alcohol consumption. Giving up on tea and coffee as the hot fluids may further damage the skin in the affected area. Also minimizing the consumption of spicy foods would help. Maintaining proper oral hygiene. Also the dental surgeon would round off the sharp teeth in order to prevent from further hurting in the damaged area. Prescribing the patient to chew Efcorlin every three hours for a month. The treatment mostly depends on the severity of the disease. If the disease is in the initial stages then the doctor would ask them to quit the habit that is causing the oral mucous membrane and they also suggest mouth exercises If the case is moderate. If the case is severe then it is irreversible. It is sometimes reversible with mouth opening exercises and quitting the oral mucous membrane habit completely. This disease is mostly seen in South and South-East Asian Countries. And these days there is an increase of severity of the spread of the disease in Western countries also. The only way is to stay away from tobacco chewing, betel nuts, smoking cigarettes and alcohol. In addition following good oral hygiene would help oral health preventing any cavities and OSMF. In the Initial stages only it is better to consult the doctor and follow his instruction.

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