



MUCOSAL DISEASES (ORAL, ANOGENITAL), EXTERNAL EYE DISEASE

A STUDY ON CLINICAL SPECTRUM OF “WHITE LESIONS OF ORAL MUCOSA”.

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INTRODUCTION: Oral white lesions represent a wide spectrum of conditions of varying seriousness, ranging from benign physiological entities to dysplasia and squamous cell carcinoma. Many of these lesions are harmless and do not require any treatment other than reassurance. As not much data is available in India, this study will help us to characterize the different clinical patterns and frequency of white lesions of oral mucosa in our population.

MATERIALS AND METHODS: This hospital based study was carried out from January 2011 to September 2012. A total of 197 patients with oral white lesions fulfilling the criteria were enrolled. A detailed history with complete clinical examination was carried out.

RESULTS: In our study, the prevalence of Oral white lesions was 1.09%. The lesions were more frequently observed between 20 to 40 years (41.6%), with males (54.8%) being more affected than females (45.2%). Personal history of tobacco usage (52.7%) was elicited in majority of patients. Buccal mucosa (50.2%) was the common affected site with plaque (31.9%) being the common morphological pattern seen. Oral lichen planus (20.3%) and candidal infection (16.7%) was the common dermatological condition and infective agent, respectively, causing oral white lesions.

CONCLUSIONS: Though oral white lesions constitute only a small minority of pathological conditions, they are enormously troublesome to patients, thus diminishing their quality of life.

Hence, awareness and education programmes are necessary to reduce and eliminate the modifiable risk factors. The appreciation of subtle clinical findings associated with white lesions of the oral cavity permits physicians to provide better care for their patients.

