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**ТИББИЁТДА ЯНГИ КУН
НОВЫЙ ДЕНЬ В МЕДИЦИНЕ
NEW DAY IN MEDICINE**

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https://newdaymedicine.com E:

ndmuz@mail.ru

Тел: +99890 8061882

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ETIOLOGY AND TREATMENT OF SOFT TISSUES OF THE ORAL CAVITY

Rasulova Mohigul Matyoqub kizi <https://orcid.org/0009-0009-0059-3663>

Bukhara State Medical Institute named after Abu Ali ibn Sina, Uzbekistan, Bukhara,
st. A. Navoi. 1 Tel: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ Resume

Oral mucosa is the skin or mucous membrane which covers the inside of the oral cavity apart from the teeth. The oral mucosa performs various functions. One of the primary functions of oral mucosa is protection. It protects the underlying tissues of the oral cavity from mechanical forces, microbes, and toxins. It covers the gums, cheeks, lips, tongue, and roof of the mouth. The second function of oral mucosa is the secretion of saliva. It lubricates the oral cavity, builds immunity, and helps indigestion. Oral mucosa is also richly supplied by nerves and is sensitive to pain, touch, temperature, and taste. The specialised oral mucosa of the tongue consists of taste buds and is responsible for various taste sensations. Oral mucosa also performs the function of thermal regulation.

Key words: mucosal inflammation, oral cavity, stomatitis, external and internal causes.

ЭТИОЛОГИЯ И ЛЕЧЕНИЕ ЗАБОЛЕВАНИЙ МЯГКИХ ТКАНЕЙ ПОЛОСТИ РТА

Расулова Мохигул Матёкуб кизи <https://orcid.org/0009-0009-0059-3663>

Бухарский государственный медицинский институт имени Абу Али ибн Сины, Узбекистан,
г. Бухара, ул. А. Навои. 1 Тел: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ Резюме

Слизистая оболочка полости рта — это кожа или слизистая оболочка, которая покрывает внутреннюю часть полости рта за исключением зубов. Слизистая оболочка полости рта выполняет различные функции. Одной из основных функций слизистой оболочки полости рта является защита. Она защищает подлежащие ткани полости рта от механических воздействий, микробов и токсинов. Она покрывает десны, щеки, губы, язык и небо. Вторая функция слизистой оболочки полости рта — секреция слюны. Она смазывает полость рта, укрепляет иммунитет и помогает при расстройстве пищеварения. Слизистая оболочка полости рта также богата снабжена нервами и чувствительна к боли, прикосновению, температуре и вкусу. Специализированная слизистая оболочка полости рта языка состоит из вкусовых сосочков и отвечает за различные вкусовые ощущения. Слизистая оболочка полости рта также выполняет функцию терморегуляции.

Ключевые слова: воспаление слизистой оболочки, полость рта, стоматит, внешние и внутренние причины.

OG'IZ BO'SHLIG'I YUMSHOQ TO'QIMALARI KASALLIKLARI ETIOLOGIYASI VA DAVOLASH

Rasulova Mohigul Matyoqub qizi <https://orcid.org/0009-0009-0059-3663>

Abu Ali ibn Sino nomidagi Buxoro davlat tibbiyot instituti, O'zbekiston, Buxoro, st. A. Navoiy. 1
Tel: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ **Rezyume**

Og'iz bo'shlig'i shilliq qavati - tishlardan tashqari og'izning ichki qismini qoplaydigan teri yoki shilliq qavatdan iborat bo'lib, bu shilliq qavati turli funksiyalarni bajaradi. Og'iz bo'shlig'i shilliq qavatining asosiy funksiyalaridan biri himoya qilishdir. Og'iz bo'shlig'ining pastki to'qimalarini mexanik stress, mikroblar va toksinlardan himoya qiladi. U milklar, lunj, lablar, til va tanglayni qoplaydi. Og'iz bo'shlig'i shilliq qavatining ikkinchi funksiyasi – so'lak sekretsiyasi. Og'iz bo'shlig'ini namlaydi, immunitetni mustahkamlaydi. Og'iz bo'shlig'i shilliq qavati ham nervlar bilan ko'p ta'minlangan va og'riq, bosim, harorat va ta'mga sezgir. Tilning maxsus og'iz shilliq qavati ta'm kurtaklaridan iborat bo'lib, turli xil ta'm sezgilari uchun javobgardir. Og'iz bo'shlig'i shilliq qavati termoregulyatsiya funksiyasini ham bajaradi.

Kalit so'zlar : shilliq qavatning yallig'lanishi, og'iz bo'shlig'i, stomatit, tashqi va ichki sabablar.

Relevance

Oral and maxillofacial pathology is the specialty of dentistry that is involved in the histopathological and clinical diagnosis, as well as management of diseases of the oral mucosa and supporting bone and soft tissues, teeth, salivary glands, lip vermilion, and perioral skin. It would be impossible to discuss diseases affecting all of the above entities in one chapter. As such, this chapter is confined to the more common and distinctive mucosal lesions that are often seen and biopsied by the oral and maxillofacial surgeon, dermatologist, or otorhinolaryngologist. If a condition presents on the skin in addition to the mouth (such as pemphigus), only a brief mention of the oral manifestations is made since the topic will have been covered in detail elsewhere in this article.

The oral mucosa is the mucous membrane lining or “skin” inside of the mouth, including cheeks and lips. People with oral mucosal diseases may develop painful mouth sores or ulcers on this lining. There are a number of factors that significantly increase the risk of mucosal inflammation. These include:

- insufficient oral hygiene;
- the presence of sick teeth;
- smoking, regular consumption of alcoholic beverages;
- unbalanced diet;
- disorders in the endocrine system;
- the presence of parasites in the body;
- heredity.

One of the main factors contributing to the development of inflammation in the oral cavity is weak immunity. Immunodeficiency leads to the fact that harmless microorganisms begin to cause inflammation of the lining of the mouth and infections. Other causes of soft tissue diseases include:

- Genetic predisposition;
- Mechanical injuries to the mucous membrane caused by solid food;
- Deficiency of vitamin C, calcium and zinc, necessary for maintaining healthy gums and mucous membranes;
- High viscosity of saliva;
- Frequent stress that negatively affects the immune system;
- Hypothermia;
- Allergic reactions and diseases of the internal systems of the body.

It is also worth considering that diseases of the oral mucosa can be symptoms of HIV/AIDS. Therefore, it is necessary to undergo testing to confirm the presence or absence of infection. Very often, the cause of inflammation is chronic diseases of internal organs, infections, insufficient immunity. These factors disrupt the protective functions of the body, which creates favorable conditions for the development of pathogenic microflora. High-quality treatment is possible only with the correct determination of the cause of the development of the disease, which allows you to choose an effective course of treatment. Mucosal diseases can affect any mucous membrane. These membranes are also found inside the nasal passages, eyes, genitals and digestive tract. Oral mucosal diseases can cause painful mouth problems. Oral mucosal diseases may have an autoimmune link, meaning the body's immune system attacks healthy cells. Some mucosal diseases are inherited.

Stomatitis

Stomatitis manifests itself as inflammation of the oral mucosa, which is a protective reaction of the immune system to various irritants. As a rule, this disease is typical for children, but recently it has been increasingly registered in adult patients. The cause of stomatitis is weakened immunity, viral infections, bacteria, soft tissue injuries, insufficient hygiene, autoimmune processes, the symptoms of which depend on the type of disease. There are several types of stomatitis. Aphthous stomatitis, which is also treated in our clinic, is a disease that affects both children and adults. Factors contributing to the development of pathology are a weakened immune system, genetic predisposition. The main symptom of stomatitis is painful ulcers on the mucous membranes called aphthae. stomatitis aphthous treatment.

In adult patients, herpes stomatitis is most common, the main manifestation of which is a large number of vesicles on the mucous membranes, which subsequently form a large ulcer. Herpes stomatitis, the symptoms of which are similar to other types of mucosal lesions of this type, develops for the following reasons: chronic overwork, weakened immunity, hypothermia or overheating of the body, neuropsychic pathologies; long-term use of certain medications.

When treating stomatitis, the following methods are used:

- 1) local, which is aimed at relieving acute symptoms;
- 2) drug therapy aimed at eliminating the causes;
- 3) treatment using laser technology.

Gingivitis

Gingivitis is an inflammatory process in the soft tissues of the oral cavity, which proceeds with the preservation of the integrity of the periodontal junction. The pathological process affects only the gums, however, if untreated, the inflammation can spread to the tissues located in the deeper layers, which is fraught with tooth loss. The most common cause of gingivitis is inadequate or inadequate oral hygiene (irregular brushing, inappropriate toothbrush, or brushing technique). Also, the reasons can be bad habits, burns, poor-quality prosthetics, autoimmune processes, the treatment of which was not carried out in a timely manner. Among the main symptoms of gingivitis are the following:

- swelling, redness of the gums;
- bleeding during hygiene procedures or eating;
- high sensitivity of tissues, painful sensations;
- unpleasant smell.

There are the following types of gingivitis:

- catarrhal;
- ulcerative;
- hypertrophic.

Another fairly common type of inflammation of the mucous membranes of this type is desquamative gingivitis. Its characteristic feature is desquamation of the gingival epithelium, as well as pronounced redness. Treatment for gingivitis depends on the type and phase of the disease and is aimed at preventing the development of serious complications. For example, desquamative gingivitis, the treatment of which generally does not differ from the treatment of other types of inflammation of this type, is very often observed in dermatoses, hormonal disorders, so therapy should be aimed at combating these factors. According to the doctor's prescription, the removal of dental calculus, replacement and grinding of fillings, etc. In some cases, curettage may be necessary.

Xerostomia

Xerostomia, the symptoms of which are not limited only to dryness of the membranes of the oral cavity, is the cause of discomfort, can interfere with speech and swallowing, and promotes more intensive growth of bacteria. Typical manifestations of the disease are itching and burning in the mouth, and an unpleasant odor. The chronic form very often becomes the cause of oral candidiasis. The reason for the development of xerostomia can be the intake of certain medications, irradiation of the head (in the treatment of oncology). In addition, dry mouth can develop with AIDS, diabetes mellitus, and some other chronic diseases. In some cases, the disease is a consequence of hepatitis C, sarcoidosis. Xerostomia, the treatment of which is carried out mainly with the help of drugs, also needs symptomatic therapy, which consists in taking funds to increase the amount of saliva, control caries, etc.

Oral candidiasis

Candidiasis is an infectious disease caused by yeast from the genus *Candida*. They are permanent inhabitants of the skin and mucous membranes in the oral cavity and do not cause harm, but when the immune defense is weakened, they begin to multiply intensively, which leads to the development of candidiasis. The symptom of candidiasis is a white curdled coating on the mucous membranes of the mouth. As a rule, it forms on the surface of the tongue and cheeks, but in some cases it affects the gums, palate, tonsils. Under plaque, areas with reddened skin are recorded, which may bleed slightly.

In addition, candidiasis may be accompanied by a loss of taste, unpleasant taste, burning sensation, and cracks in the corners of the lips. With the progression of the disease, swallowing is difficult.

Candidiasis, the treatment of which, first of all, should be aimed at eliminating the factors that contributed to its appearance, can be local and systemic. In the first case, treatment is carried out only in those areas where the infection was detected. With systemic treatment, the whole body is exposed to therapy. It is very important to pay attention to the prevention of candidiasis, which should be manifested in the observance of oral hygiene, control of chronic diseases, and regular check-ups with the dentist.

Removal of papillomas

The appearance of papillomas (tumor-like growths) on the mucous membranes of the oral cavity is caused by infection with the human papillomavirus and its activation in the body. This virus is present in the blood of 90% of people, but its manifestations are recorded only in certain cases, for example, with a decrease in immunity. These unaesthetic formations can be easily removed using modern methods used in medicine. As a rule, papillomas appear in areas exposed to mechanical stress. Defects formed in the mouth are lighter in color than other tissues and have a fine-grained structure.

Most often, papillomas are recorded:

- 1) in the throat;
- 2) on the vocal cords;
- 3) palate;
- 4) on the tonsils.

They are very common on the gums and palate of people who wear uncomfortable dentures. Before starting treatment, cytological and histological examinations are performed. A course of treatment is prescribed, consisting of antiviral drugs, agents that help improve the state of the immune system. Removal of papillomas is performed using the following methods: cryodestruction, electrocoagulation, radiosurgery.

Inflammatory diseases of the oral mucosa are pathological conditions that arise due to external and internal causes. These could be mechanical injuries, chemical irritants, improper oral hygiene, or viral infections in the oral cavity. When inflammation appears in the mouth, the patient experiences pain, discomfort, and difficulty eating and speaking. Timely consultation with a doctor and properly selected treatment for the oral mucosa allows you to avoid serious complications.

Your physician customizes a treatment plan based on disease type and symptoms. We treat all oral mucosal disease types, including:

- Behcet disease;
- Burning mouth syndrome;
- Oral lichen planus;
- Pemphigus and pemphigoid;
- Recurrent aphthous stomatitis;
- Sjogren's syndrome;
- Behcet disease.

This rare condition inflames blood vessels throughout the body and can cause joint pain. People with Behcet disease develop painful sores on the lips, tongue, cheeks, roof of the mouth, throat and tonsils. Sores also commonly occur on the genitals, eyes and skin. While the cause is unknown, the condition may be inherited or triggered by autoimmune disease.

In addition to clinical trial therapies, treatments include:

- ✓ Prescription mouthwash to relieve pain and discomfort;
- ✓ Topical or oral corticosteroids to ease inflammation;
- ✓ Immunosuppressants to help control the immune system and alleviate inflammation;
- ✓ Selective phosphodiesterase 4 (PDE4) inhibitors (Otezla®) to treat oral ulcers;

- ✓ Burning mouth syndrome.

This condition causes a painful burning, scalding or tingling sensation in the mouth. Symptoms most often affect the tongue and lips. The problem does not cause blisters, but it can affect taste. Burning mouth syndrome is more common in older women. Possible causes include:

- Anemia;
- Chronic dry mouth;
- Diabetes;
- Medications;
- Vitamin and other nutritional deficiencies;

Treatments may include:

- Lifestyle modifications (dietary or medication changes);
- Oral and topical pain relievers;
- Vitamin supplements;
- Saliva substitutes and stimulants;
- Medications such as benzodiazepines, tricyclic antidepressants and gabapentin.

Oral lichen planus

This chronic condition inflames the mucous membranes of the cheeks, tongue, gums and esophagus. It can also affect the genitals and skin. People with this disorder develop red, swollen tissues and white, lacy patches on mucous membranes. Painful, burning sores may also develop. The disease may be an autoimmune disorder and is most common in women over age 50. People with oral lichen planus have a higher risk of developing oral cancer, a type of head and neck cancer. For this reason, it is important to receive regular care from an oral lichen planus specialist. While there is no cure for oral lichen planus, the right treatments can ease symptoms and control the disease. Treatments include:

- Topical or oral corticosteroids to reduce swelling;
- Immunosuppressants to control an overactive immune system response;
- Intravenous immunoglobulin (IVIG) antibodies therapy to fight infections;
- Pemphigus and pemphigoid.

These rare autoimmune diseases cause fluid-filled blisters to form on the skin and in mucous membranes throughout the body. The blisters may cause painful itching or burning sensations. Extensive blistering can lead to fluid loss and infections. We focus on treating your symptoms and putting the disease into remission. Treatments include:

Antibiotics to treat infections

Anti-inflammatory drugs to minimize swelling and inflammation

B-cell therapy (Rituxan®) to destroy abnormal B cells

Topical, injectable or oral corticosteroids to decrease inflammation and swelling

Immunosuppressants to manage an overactive immune system

Intravenous immunoglobulin (IVIG) therapy to generate antibodies that fight infection

Recurrent aphthous stomatitis

This condition causes painful, sometimes burning, blisters to form on the inside lining of the lips or mouth. It often develops during childhood.

People with aphthous stomatitis may have other conditions, such as:

- ❖ Behcet disease;
- ❖ Celiac disease;
- ❖ Human immunodeficiency virus (HIV);
- ❖ Inflammatory bowel disease;

Treatments include:

- ❖ Prescription mouthwash to kill mouth bacteria and ease ulcer pain;
- ❖ Topical, oral or injectable corticosteroid to decrease inflammation;
- ❖ Immunosuppressants to slow the immune system's response and reduce inflammation.

Sjogren's syndrome

This autoimmune disease affects saliva and tear production leading to dry mouth and eyes. The disorder is most common in women over 40. It can also cause:

1. Digestive problems;

2. Dry skin;
3. Fatigue;
4. Joint pain.

People with Sjogren's syndrome often have other autoimmune diseases, such as rheumatoid arthritis or lupus. Treatments may include:

- Artificial tear solutions to moisturize and soothe irritated dry eyes;
- Saliva substitutes or stimulants to increase saliva production;
- Over-the-counter pain relievers, such as ibuprofen and acetaminophen, to alleviate pain;
- Anti-inflammatory drugs, including corticosteroids, to reduce swelling and inflammation;
- Immunosuppressants to slow the immune system's response and reduce inflammation;
- Anti-rheumatics to treat rheumatoid arthritis pain and swelling.

During the examination, the dentist checks the shape of the teeth, the evenness of the dentition, mobility, color, the presence of attached plaques, tartar and other defects. Percussion diagnostics is also used to assess tooth pain. Tooth mobility may indicate severe periodontitis, bruxism (clenching or grinding of teeth), or trauma that damages periodontal tissue. In rare cases, this unpleasant phenomenon is caused by systemic diseases or neoplasms. Particular attention in case of inflammation of the oral cavity is paid to the diagnosis of caries. At an early stage, it appears as white spots or defects on the enamel. In the future, caries causes brown spots, rough areas on the surface of the teeth, and bad breath. To clarify the diagnosis, the doctor prescribes an x-ray examination.

Conclusion

Prevention of inflammation of the oral cavity begins with oral care. It involves brushing your teeth regularly and thoroughly with fluoride toothpaste twice a day. This paste not only removes plaque, but also prevents the development of caries. It is useful to use dental floss to remove food debris from between teeth. Antibacterial mouthwashes can help reduce bacteria levels and strengthen gums. To identify soft tissue diseases at an early stage and prevent their further development, it is recommended to regularly visit the dentist and have your teeth cleaned. During the procedure, the doctor removes tartar and plaque, which prevents gum inflammation and periodontitis. Professional fluoridation of teeth increases the resistance of enamel to caries.

A healthy lifestyle also plays an important role in the prevention of oral diseases. A balanced diet enriched with vitamins and minerals supports healthy teeth and gums. Using mouth guards when playing sports helps prevent injuries.

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