

GLOSSITIS

Inflammation of the Tongue

May be PRIMARY or SECONDARY

Causes

- Glossitis may occur as a primary condition
- Causes may include:
 - Bacterial / Viral Infections
 - Mechanical Irritation from teeth, dentures etc.
 - Tobacco, Hot Food, Alcohol
 - Allergy to toothpaste, mouthwash, etc.

Causes of secondary Glossitis

- Iron Deficiency Anaemia (4th Year)
- Pernicious Anaemia (4th Year)
- Vitamin B Deficiency (4th Year)
- Oral Lichen Planus (3rd Year)
- Syphilis (1st Year)
- Aphthous Ulcers

Glossitis



Symptoms

- Tongue Swelling
- Tongue becomes smooth and loses papillae (finger-like projections on surface)
- Colour change
 - Usually dark red, like uncooked beef
 - Pale if pernicious anaemia
 - Fiery red if Vitamin B deficiency

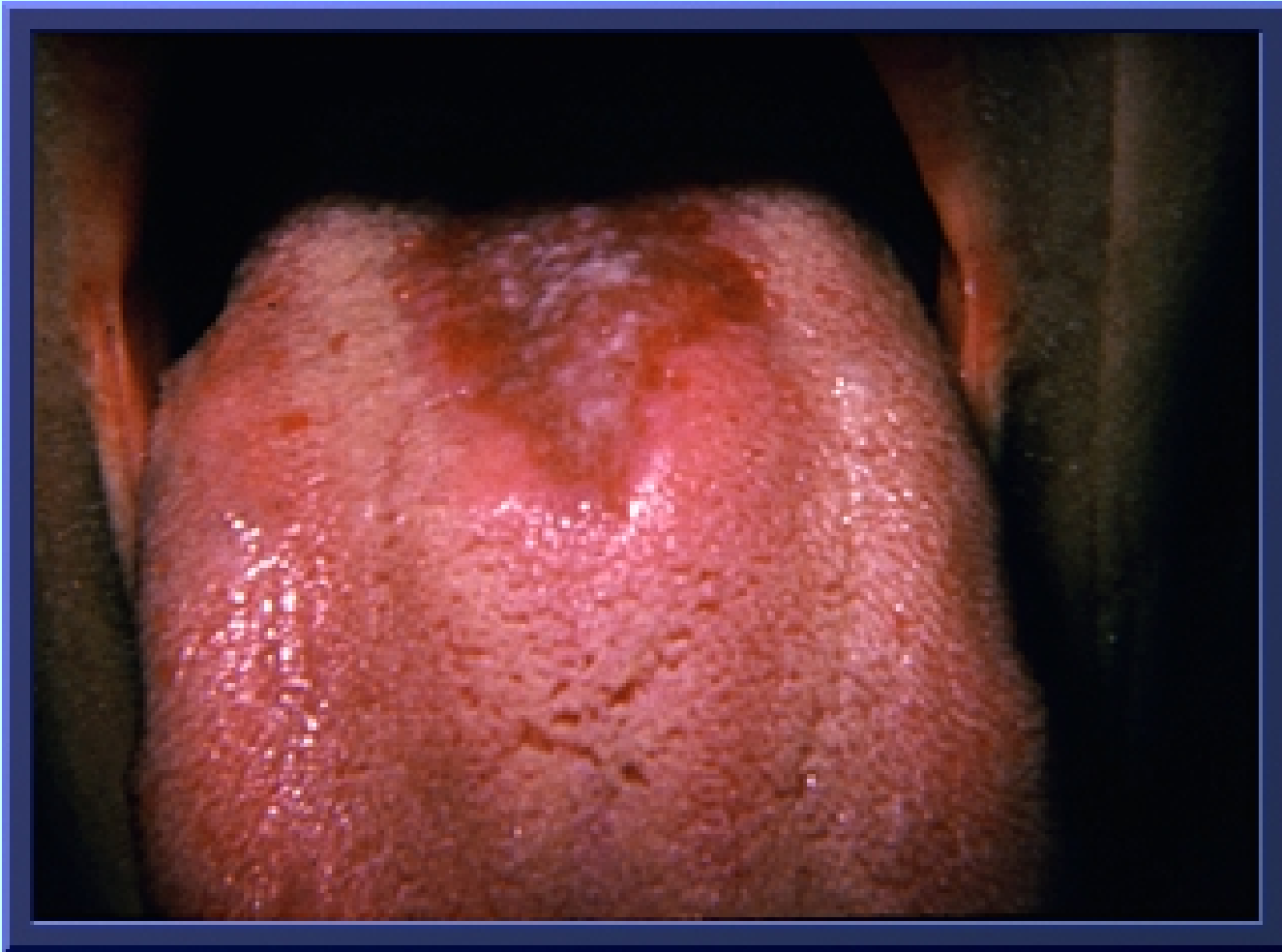
Symptoms Continued

- Sore and tender tongue
- Difficulty swallowing, chewing & talking

DIAGNOSIS

- Diagnosis is usually achieved by examination of the clinical features
- Blood tests may be required to diagnose underlying systemic disease

Glossitis



Treatment

- Aim of treatment is to reduce inflammation
- Good oral hygiene is essential
- Steroids may be used to reduce the inflammation. An oral suspension of Prednisolone may be used in mild cases to prevent the side effects associated with systemic steroids.
- Systemic Steroids used in severe cases

Treatment Continued

- Antibiotics, Antifungal medications may be prescribed for treatment of infection
- Treatment of underlying anaemia or nutritional deficiencies may be required
- Avoid irritants such as tobacco, hot, spicy food and alcohol

Prognosis and Complications

- Resolution is usually complete and rapid

COMPLICATIONS MAY INCLUDE

- Discomfort
- Airway Obstruction
- Dysphagia
- Dysphonia