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)
- Apthous Ulcers
Glossitis
Symptoms

• Tongue Swelling
• Tongue becomes smooth and losses papillae (finger-like projections on surface)
• Colour change
  – Usually dark red, like uncooked beef
  – Pale if pernicous 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