

Clinical Pharmacy I
Gastroenterology
Lec. Dr. Anmar Al-taie

A. Mouth ulcers

Aphthous ulcers (mouth ulcers), is a collective term used to describe various different clinical presentations of superficial painful oral lesions that occur in recurrent bouts at intervals between a few days to a few months.

Prevalence and epidemiology

- They occur in all ages.
- More common in patients aged between 20 and 40
- Up to 66% of young adults give a history consistent with MAU.
- It can affect one in five of the general population

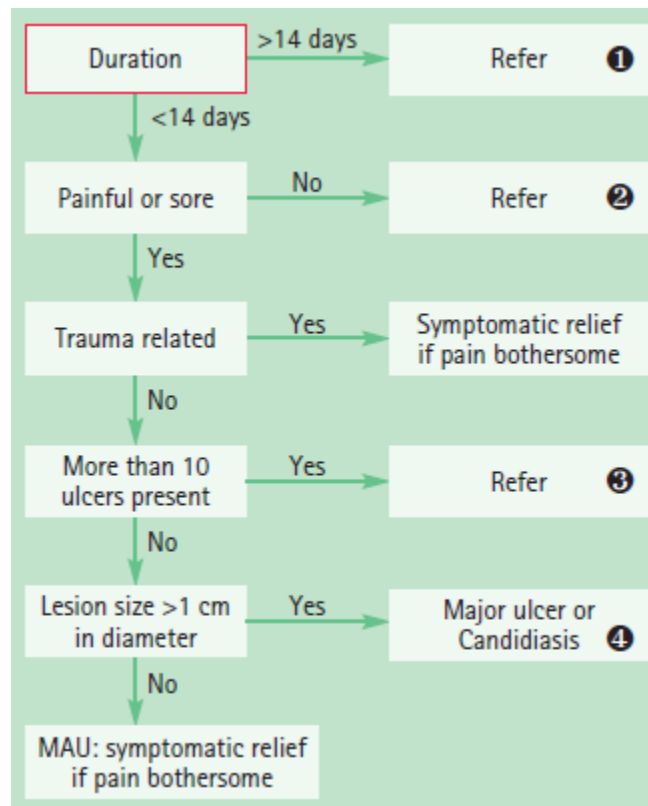
Aetiology

- The cause of minor aphthous ulcer (MAU) is unknown.
- Genetic link,
- Stress,
- Trauma,
- Food sensitivities,
- Nutritional deficiencies (iron, zinc and vitamin B12)
- Infection

Clinical features of minor aphthous ulcers

- Roundish, grey-white in colour and painful ulcers.
- Small – usually less than 1 cm in diameter – and shallow with a raised red rim.
- Pain making eating and drinking difficult which subsides after three or four days
- They rarely occur on the gingival mucosa and occur singly or in small crops of up to five ulcers.
- It normally takes 7 to 14 days for the ulcers to heal
- Recurrence typically occurs after an interval of 1 to 4 month.

Differential Diagnosis of Mouth Ulcers



Conditions to eliminate

- Major aphthous ulcers
- Trauma
- Herpetiform ulcers
- Oral thrush
- Herpes simplex
- Medicine-induced ulcers : cytotoxic agents, nicorandil, alendronate, non-steroidal anti-inflammatory drugs (NSAIDs) and beta-blockers.

Indicative of Referral

Symptoms/signs	Possible Danger/reason for referral
Children under 10	Minor ulcers rare
Ulcers greater than 1 cm in diameter	Suggests other causes of ulceration outside scope of community pharmacist
Ulcers in crops of five to ten, or more	
Duration longer than 14 days	
Painless ulcer	Possible sinister pathology
Eye involvement	