

Effect of Haematinics on Patients Diagnosed with Symptomatic Oral Submucous Fibrosis

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Oral submucous fibrosis (OSF) is a well-established oral potentially malignant disorder (OPMD). It is a chronic, insidious disease with progressive fibrosis in the submucosal tissue leading to restriction in opening the mouth with the advancement of the disease. It has a malignant transformation risk. OSF has been shown to have an association with iron deficiency anemia. The current study is a prospective case control study designed to see the effects of haematinics on the symptoms in patient diagnosed with OSF conducted at the Oral Medicine clinic, Faculty of Dental Sciences, University of Peradeniya. A total of 30 patients between the age range of 19-75 years were recruited to each group, control (OSF without iron deficiency anemia) and test group (OSF + iron deficiency anemia). A male predilection was observed in the sample (90 %). There is a statistically significant association between the improvement of mouth opening, burning sensation and hemoglobin counts in anemic sample with prescription of hematinics with standard treatment (-4.785, - 8.034 & - 5.387 at 95% confidence interval respectively). Control samples also show improvement of mouth opening and burning sensation with standard treatments. In conclusion, our case study favours that the use haematinics improves symptoms of patients diagnosed with OSF, however, a clinical trial is recommended for conclusive evidence.

Keywords: Oral Submucous fibrosis, Haematinics, Anemia

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