

Prevalence of oral mucosal lesions in patients with type 2 diabetes mellitus in Ardabil in 2020

Abstract

Introduction: public health emergencies of the century, affecting more than 400 million people worldwide. Diabetes is associated with complications, mortality, and high socioeconomic costs. It can seriously affect the quality of life of patients. In some studies, diabetes has been shown to be associated with oral mucosal lesions, but the exact relationship between diabetes and oral mucosal lesions remains unclear and there is still considerable debate about this. Whether oral mucosal lesions in diabetic patients are more than non-diabetic patients or not. Therefore, we decided to investigate the prevalence of oral mucosal lesions in diabetic patients.

Methods: This study was a case-control study. 115 people with diabetes as a case group and 115 healthy people as a control group were chosen. Demographic information, medical and dental history of the study participants were collected through a questionnaire that includes: age, sex Smoking status, use of dentures, duration of diabetes, fasting blood sugar level, HbA1c level, type of drug used. During this examination, the condition of patients in terms of oral mucosal lesions such as oral candidiasis, other white and red lesions, pigmented lesions, exophytic masses, recurrent aphthous stomatitis, traumatic ulcers, geographical tongue, grooved tongue was determined and were recorded in a questionnaire.

Results: The results showed that the overall prevalence of oral mucosal lesions in diabetic patients (58.26%) was not significantly different from healthy individuals (34.78%). In diabetic patients, the duration of the disease and the mean fasting blood sugar and mean HbA1c were significantly higher in those with oral lesions than in those without oral lesions.

Conclusion: The prevalence of oral mucosal lesions in people with type 2 diabetes mellitus in Ardabil is higher than non-diabetic people. The findings of the present study, in addition to providing a preliminary picture of the prevalence and pattern of oral mucosal lesions in people with type 2 diabetes mellitus, can also be used to treatment plan policies to take.

Keywords: Diabetes mellitus, Oral diseases, Oral mucosa