

Bölüm 23

AĞIZ BÖLGESİNDE AĞRIYA SEBEP OLAN İDİYOPATİK NEDENLER

Nihal EFE ATİLA¹

GİRİŞ

Bu bölümde başlıca ağız bölgesinde ağrı yapan sırasıyla; Rekürren Aftöz Stomatit ve Eritema Multifforme hastalıklarından bahsedilecektir.

REKÜRREN AFTÖZ STOMATİT

Rekürren aftöz stomatit (RAS) oral mukozanın en sık görülen çoklu ve tekrar eden oral ülser atakları ile karakterize inflamatuvar bir hastalıktır (1). Oral ülserler, granülasyon dokusu ile kaplanmış oral mukoza epitelinde bozulma olarak tanımlanmaktadır (2). RAS'ın klinik tezahürü; genellikle labiyal veya bukkal mukozada veya dil üzerinde eritem halkası ile çevrili, merkezinde sarımsı-gri bir psödomembran olan, yuvarlak, ağrılı, sığ yapıda ülserlerdir (3). En az 5 kişiden birinin aftöz stomatitten etkilendiği tahmin edilmektedir. Hastalık en sık genç yetişkinleri etkilemekte ve (bazı çalışmalarda öğrencilerde % 60 oranında görüldüğü bildirilmiştir), 50 yaşından sonra sıklığı ve ciddiyeti azalmaktadır (1). Genel popülasyonda RAS prevalansı % 5 ile% 66 arasında değişkenlik göstermektedir ,ortalama prevalansı % 20 'dir. Amerikada RAS için yaşam boyu görülme prevalansı ; % 36.5, Hollanda'da %5-20,Tayvan'da % 10,5 bildirilmiştir (4,5).

RAS Sınıflaması

RAS'lı hastalarda ülseratif lezyonlar tipik olarak çok fazla ağrılıdır ve bu durum yaşam kalitelerini ciddi şekilde bozabilmektedir (1). RAS lezyonlarında genellikle ağrı ülserasyonun boyutundan bağımsızdır. RAS'ın klinik özelliklerine göre küçük (MiRAS), majör (MaRAS) ve herpetiform ülser (HU) olmak üzere 3 tipi vardır (3).

¹ Uz. Dr. Erzurum Palandöken Devlet Hastanesi, Kulak Burun ve Boğaz Hastalıkları, nihalefe24@hotmail.com

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