

Oral mucositis: A very common oral side effect of radio-chemotherapy

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Introduction: Oral mucositis is a frequent adverse effect of cytotoxic treatments by chemotherapy or radiotherapy. At the moment, there is no validated consensus for preventive or curative care.

Aim: To carry out a state of the management of chemo-induced mucositis.

Materials and Methods: Our study is a retrospective observational one, carried on 40 patients in two departments: dental service, and radiotherapy service of the National Institute of Oncology (INO) of Rabat, as well as in the Oral Surgery department of the Consultation Center of Dental Treatment of Rabat. The included patients were treated with radiotherapy +/- highly mitogenic chemotherapy. The evaluation criteria were: Age, sex, living environment, oral health, type of cancer treatment and others.

Results: Among the 40 patients included, 5 subjects developed mild grade 1 mucositis, grade 2 interested a group of 17 subjects, 14 patients developed grade 3 mucositis, and finally 4 subjects developed severe grade 4 mucositis. Preventive treatment was introduced in only 11 patients. Of the 40 cases, 33 were treated with curative treatment.

Discussion: After analysis of the results, there was no correlation between the type of pathology treated, the cytotoxic treatment used and the management modalities of the mucositis.

Conclusion: Although the results were very disparate, they will enable us to evolve the practices, validating proposals of protocols of care in a multidisciplinary working group. A new study could then be carried out to evaluate the effectiveness of these protocols.

Biography

Narjiss Akerzoul received her Doctorate of Dental Surgery (DDS) from Mohammed V University of Rabat-Morocco in the year 2011. Later she worked as a General practitioner Dentist in Oral Health Center of Guelmim City, Morocco. Later in 2013, she started her residency program in Oral Surgery and Oral Medicine and Orofacial Pain in the Consultation Center of Dental Treatments of Rabat. Later on, she completed her Diploma in Biostatistics and Research Methodology during 2014-2015. She achieved her Board examination of Oral Surgery and Oral Medicine and Orofacial Pain in July 2017 and became An Oral Surgeon Fellow. She has authored and co-authored many International Publications in the field of Oral Surgery, Oral Medicine and Oral Oncology. She has been an editorial member in Department of Oral and Maxillofacial Surgery of the International Journal of Oral Health and Medical Research (IJOHMR), Reviewer and Editor in Omics Group Biomedical Journal. .

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