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Case study: aphthous ulcers in a 10-year-old girl

Abstract:

Aphthous ulcer is typically a recurrent round or oval sore or ulcer inside the mouth on an area where the skin is not tightly bound to the underlying bone, such as on the inside of the lips and cheeks or underneath the tongue. Affecting as many as 25% of the population worldwide with aphthous ulcer. There may be female predominance in some adult and child patient. We report a case of a 10-years old female child patient presented a 1-year history of episodes of multiple recurrent ulcers on lips, cheeks and tongue. Topical application of Amlexanox 5% oral paste and Iron tablet (combination of Iron (III) hydroxide polymaltose complex INN 188mg equivalent to 47mg elemental iron, folic acid BP 0.5mg and zinc sulphate monohydrate USP 61.8mg) and vitamin C was given. Also focused on improvement of balanced diet and proper oral hygiene maintain. As a result improvement of pain, discomfort and healing of the aphthous ulcer. No side effects were recorded.

We are far from knowing the exact etiology of recurrent aphthous ulcer. We suggest determining patients' Hemoglobin level, vitamins levels and Oral hygiene condition. As replacement therapy with this iron, zinc, vitamin and proper oral hygiene maintain could be of considerable benefit to them.

Keywords:

Aphthous ulcer, Children, Oral paste, iron, vitamin-C, Oral Hygiene

Biography:

Dr. Shaikh Kaniz Sayeda, Coordinator of Research & Development Unit highlighted facilities available in and activities conducted by the BRB Hospital. Then Dr. Kamrun Nessa, a current MPH Student of DIU, who is a Professor & Head of Gynecology Unit of the BRB Hospital presented a paper on Cervical Cancer as Keynote Speaker of the program. She highlighted risk factors and clinical features of Cervical Cancer and emphasized on preventive measures against Cervical Cancer

Dr. Shaikh Kaniz Sayeda

Daffodil International University, Dhaka.
Bangladesh.

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