

ORIGIN, CLINIC, DIAGNOSIS, TREATMENT AND PREVENTION OF CHEILITIS

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Abstract: Cheilitis is an isolated inflammatory process in the area of the red border of the mucous membrane, skin and lips. Outwardly, it looks like swelling with redness and crusting of tissues. It can be an independent disease or a symptomatic manifestation of other pathologies. Sooner or later, almost everyone faces it, but at a young age, the disease is significantly milder, less frequent and does not have any complications. In elderly people, due to weakened immunity, periodic relapses of cheilitis can lead to malignant tissue degeneration.

Key words: Causes of cheilitis, types of cheilitis, diagnosis of cheilitis, treatment of cheilitis, prevention of cheilitis,

Causes of cheilitis

Cheilitis is a polymorphic and multifactorial disease that can be triggered by infections, physical and chemical environmental factors, as well as internal characteristics of the body. Among them:

constant exposure to the open air - inflammation of the lips and the crust appears when it cracks with hot or cold air currents, excessive insolation;

the presence of chronic diseases with skin manifestations of symptoms - various types of dermatitis, psoriasis, lupus, lichen planus, syphilis, etc.;

allergic reactions of the body - mainly with food allergies;

tissue irritation as a result of regular exposure to chemicals, including drugs (for example, nasal drops);

various neurological diseases, severe stressful situations, depression, constant anxiety;

endocrine abnormalities - primarily hyperfunction of the thyroid gland, diabetes mellitus.

Types of cheilitis

Types of cheilitis Manifestations of cheilitis may vary depending on the type and cause of the disease. There are:

Exfoliative cheilitis is manifested by peeling of the red border of the lips, rarely burning spots and dryness of the lips.

Exudative cheilitis - symptoms of the disease are filled with swelling and severe pain. In inflamed areas, the skin can be covered with a baked crust, which significantly complicates the patient's life.

The glandular form affects the small salivary glands. Their congenital or acquired proliferation is observed, then they become infected with bacteria. In this case, the source of infection can be caries, periodontitis or banal plaque. Externally, it appears as cracks on the surface of the lips, which become moist over time.

The form of allergy occurs under the influence of household, cosmetic or food irritants (often lipstick). Specific manifestations of allergic cheilitis are found in musicians who play wind instruments and those who like to chew pencils. This type of inflammation is characterized by severe swelling, often the formation of blisters, as well as itching, severe redness and burning.

Meteorological cheilitis develops under the influence of weather conditions (wind, sun) and manifests itself with burning, itching with small weeping blisters that erode and ulcerate over time.

The atopic form manifests itself as a symptom of dermatitis or neurodermatitis. It manifests itself in the form of redness and sores at the corners of the lips.

The hypovitaminosis type of the disease is formed in response to a serious lack of vitamins, mainly vitamins A, C, B2. A characteristic burning sensation affects the surface of the lips, mouth and tongue. Mucous tissues have a swollen appearance, cracks and bleeding in the skin of the lips.

Macrocheilitis is a response to damage to adjacent nerves (facial neuritis), and itching and swelling from the tongue can spread to other parts of the face.

Attention! With a long course, there is a high probability that the inflammation will turn into a malignant neoplasm. This is especially typical for the meteorological form, which is often complicated with precancerous diseases if there is no proper treatment.

Diagnosis of cheilitis

There are no specific laboratory tests to detect cheilitis. All diagnosis of the disease is carried out by visual inspection. To determine the causes of inflammation, the diagnosis of the gastrointestinal tract may be indicated for the presence of Crohn's disease or ulcerative colitis. In addition, allergy tests are conducted to rule out food allergies.

General laboratory tests allow you to check the condition of the body and determine the possible causes of cheilitis:

low level of vitamins due to hypovitaminosis can cause exfoliative cheilitis;

in the absence of treatment results, bacterial culture of smears and biopsies is carried out in patients with impaired immune system;

Studying the markers of HIV infection, herpes, the presence of fungal or bacterial microflora allows us to determine the viral, bacterial or fungal causative agent of cheilitis;

blood test for anemia, ESR is required to assess general health;

examination of the function of the thyroid gland and pancreas for endocrine pathologies.

Note! Cheilitis is chronic with periodic relapses. It is almost impossible to self-treat without a doctor's supervision, so try to pay attention to such a "small" problem and consult a specialist. Diagnosis of the disease is carried out by a general practitioner or a dentist. In some cases, consultation with an allergist, infectious disease specialist, dermatovenerologist or gastroenterologist may be required.

Treatment of cheilitis

Different forms of cheilitis differ in their approach to treatment. Combined effects may include:

correction of the psycho-emotional sphere - a neurologist prescribes sedatives, tranquilizers, a psychologist or psychotherapist conducts appropriate psychotherapy;

physiotherapy - treatment with laser, ultrasound, magnetotherapy, electrophoresis is determined locally; they relieve irritation and accelerate tissue regeneration;

symptomatic drug therapy - in case of severe inflammation, non-hormonal anti-inflammatory drugs - hormonal drugs;

immunotherapy - strengthening the immune system by taking immunomodulators and

immunostimulators;

vitamin therapy - taking vitamins of group A, C, B (mainly vitamin B2) is of great importance;

surgical treatment - typical for glandular cheilitis with enlargement of the salivary glands; Both laser ablation with a surgical laser and direct removal of areas of the gland are used;

antiallergic therapy with antihistamines.

In addition, the doctor can prescribe dietary therapy, excluding foods that cause allergies or chemical tissue irritation (spicy foods, salty and marinades). When you are outdoors for a long time, it is necessary to use special protective equipment.

Prevention of cheilitis

Prevention of cheilitis The main prevention of cheilitis is maintaining a healthy lifestyle and timely treatment of any infectious and allergic diseases. List of main measures:

Eat right - a balanced menu should contain a lot of fruits, vegetables, herbs, nuts, fish and high-quality dairy products.

Reduce the use of cosmetics - try to choose hypoallergenic formulas and always monitor the skin's reaction.

Do not expose to open wind or direct sunlight.

Protect the skin of the lips from physical and chemical damage.

Take vitamin and mineral complexes from time to time in courses (after consultation with your doctor).

Give up bad habits.

If you have characteristic symptoms, consult a doctor immediately.

Remember: your health is the greatest value, and constant monitoring of its condition is very important to maintain the functioning of the body, especially in old age.

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