

Research on Treatment Difficulties and Prevention Methods of Recurrent Oral Ulcer

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Abstract. Recurrent oral ulcer is a kind of self-limiting oral mucosa common disease, often brings inconvenience to the patient's life due to the pain sense. There are many causes of the recurrent oral ulcer, including the low immunity, endocrine disorder, irregular diet and psychological imbalance. Traditional Chinese medicine and western medicine has obvious curative effect in the treatment of recurrent oral ulcer. The methods of traditional Chinese medicine treatment, western medicine treatment and the integration of traditional Chinese medicine and western medicine treatment for recurrent oral ulcer are given in the paper to provide some references for the relevant researchers.

Introduction

Recurrent oral ulcer or aphtha stomatitis, which is called "aphtha" in traditional Chinese medicine. It is in the oral mucosa lesion, congestion and pain characteristics occur in the oral mucosa is not significant keratinizing poor area, has the characteristics of recurrent disease, oral obvious pain, is the most common disease of oral mucosa, the incidence of oral diseases in the first, the prevalence rate of up to about 20%. The disease occurs in the 20-45 years old, and rarely occurs in the patients over 50 years of age, which slightly more women than men. According to the survey data of our country, 1 people in China have oral ulcer in 5 people, which seriously threatens the physical and mental health of human beings. It is suggested that positive and effective treatment and nursing measures for patients with recurrent oral ulcer are helpful to protect people's oral health. Modern medicine, recurrent oral ulcer ulcer and first immunization have a very close relationship. Some patients showed immunodeficiency, some patients showed autoimmune reaction; second is the relationship with the genetic, clinical, recurrent oral ulcer ulcer disease, have obvious family history, parents of one or more parties if suffering from recurrent oral ulcer ulcer, their children are more likely than the average person in addition, morbidity; recurrent oral ulcer ulcer attack, is also related to some diseases or symptoms, such as digestive system diseases: gastric ulcer, duodenal ulcer, chronic or persistent hepatitis, colitis, in addition to junk food, indigestion, fever, lack of sleep, fatigue, work pressure, menstrual cycle changes and so on. With one or more active factors, the alternation of body immunity, resulting in recurrent oral ulcer ulcer he frequently attack. The recurrent oral ulcer incidence rate shows a significant upward trend, which has caused the majority of medical workers to attach great importance to it.

Treatment Difficulties of Recurrent Oral Ulcer

Problem of Low Immunity. The incidence of recurrent oral ulcers associated with immunity level, when the body is in the state of immunity, such as the period of recovering from illness, high fever and other immune system weak recovery period after surgery, often oral ulcer will be a corresponding increase in probability. Light oral ulcer patients account for about 80%. At the onset of the disease, patients and no obvious systemic symptoms and signs. But if there is recurrent oral ulcer, such as two to three times a month, and after the onset of a week has not improved, to find a professional doctor working in the Department of Stomatology to check. Oral ulcers are directly related to excessive stress, irregular life and unbalanced diet. Oral ulcer has the characteristics of periodic, recurrent and self-healing, such as students, mostly before the examination, review of

pressure will suffer from oral ulcers, during the world cup continuous stay up late to watch the game, eat barbecue and spicy food, may also suffer from oral ulcer. Because oral ulcer is actually the body in a signal alarm, if your body appears immune disorder symptoms, but they did not find, at this time, the body will alarm to remind you by oral ulcer, beware of disease invasion. The use of antibiotics has no obvious effect, and the ulcer powder cannot be cured, and these therapies cannot prevent repeated oral ulcers. At the same time, we should avoid the factors that can cause the decrease of their own immunity, so as to fundamentally prevent and treat oral ulcers.

Problem of Endocrine Disorder. Endocrine disorders and hormone levels change dramatically in women's body before and after the menstrual cycle, especially during this period. In addition, women who have been suffering from recurrent aphthous ulcers often do not develop the disease and recur after the end of pregnancy. This phenomenon also confirms the inevitable link between oral ulcer and endocrine. Women should pay attention to keep warm before and after the physiological cycle, drink plenty of hot water, appropriate blood, and relax body and mind, as much as possible to regulate the phenomenon of endocrine disorders. Because of the gastrointestinal tract and oral belong to the digestive system, there is a certain correlation, it is speculated that the oral ulcer in the gastrointestinal tract and possible pathogenic factors of *Helicobacter pylori*, and oral ulcer incidence of diarrhea and constipation in patients with rate is often higher than the healthy subjects. Oral ulcers caused by trauma are very common in daily life. Minimal trauma, such as poor brushing posture. Oral mucosa damage can develop into oral ulcers in a short period of time when eating improper occlusion. At the same time, improper choice of toothpaste, mouthwash and other damaged oral mucosa protective layer can also cause oral ulcers.

Problem of Irregular Diet. Oral ulcer occurs in the oral cavity, and the natural diet cannot get away. Some people are picky eaters, especially young people. If there is a lack of trace elements such as iron, copper, vitamin B12 and folic acid in the diet, they can directly cause oral ulcers. At the same time, a one-time excessive eating spicy food, stimulate oral mucosa will also induce oral ulcers. The diet should be meat collocation, no food preference, as much as possible the supplement contains trace elements of iron, copper, vitamin B12, folic acid and other food. Recurrent oral ulcer patients in the process of eating at the same time cannot tolerate a variety of food, of which about 84% of the patients can tolerate the two kinds of food at the same time, suggesting that the daily feeding process to avoid eating food intolerance is beneficial to obtain satisfactory symptom relief effect. Clinicians in the treatment of patients with recurrent oral ulcers, can actively give food intolerance specific antibody clinical laboratory testing, and according to the test results put forward reasonable diet suggestions. Daily diet should be reasonable diet, convenient for patients to obtain adequate nutrition and energy supply, in order to improve the body resistance and their own immunity, helping to restore health as soon as possible and obtain a satisfactory quality of life.

Problem of Psychological Imbalance. Prolonged night stay, excessive psychological pressure, major changes such as nervous tension, mental state is not good, emotional tension cannot be relieved, often prone to oral ulcers. Sudden life events lead to mental depression, which is the psychological attraction of oral ulcer, and more negative emotions such as irritability, irritability, restlessness and so on are prone to recur. Department of medical psychology doctor found, anxiety, tension and excessive pressure can lead to ulcers. A hospital survey of 214 cases of oral ulcer patients found that 165 of them have varying degrees of anxiety, tension and other emotional changes. Because of psychological stress and other factors affect the immune function, resulting in autoimmune diseases, ulcers. Oral ulcer although what is not a serious illness, but it is very painful. So, in addition to eating more vegetables, fruits, but also a little slower pace of life, reduce tension, anxiety, in order to reduce the cause of oral ulcers. Oral ulcer for patients because of physical discomfort will be prone to corresponding psychological negative emotions. The nursing staff should increase communication and language of such patients, timely grasp the psychological status of the patients, through communication, persuasion let the bad mood of patients can be released with scientific ideas to improve the negative emotion of patients and improve their mental health level. They help patients increase disease treatment confidence and compliance with treatment, with a positive attitude to obtain the ideal effect.

Prevention Methods of Recurrent Oral Ulcer

Methods of Traditional Chinese Medicine Treatment. The traditional Chinese medicine believes that endogenous the spleen yin deficiency and spleen heat accumulation to the cause of recurrent oral ulcer. Recurrent oral ulcer is because of inflammation caused by the fire, because the heart opens in the tongue, the tongue and heart of the seedlings, after the fire burning on the tongue body phlogiston, therefore caused a sore mouth. Traditional Chinese medicine believes that although students in oral thrush, but with the viscera function disorder is closely related to spleen opens into the mouth, tongue is the sprout of the heart, renal vein on the cheeks and throat, tongue, gums belong to the stomach and the large intestine the cause of both external factors, there are also internal factors. The Chinese medicine for systemic therapy and local treatment of two types in the treatment of the disease. Systemic therapy is mainly aimed at the actual condition of the patients with syndrome differentiation and treatment, mainly in the eight class for the treatment of four diagnostic basis. If you belong to hyperactivity of fire due to yin deficiency, at the time of treatment, we should clear the heat and nourishing Yin, and we can use dew drink, Qijudihuang. The decoction of decoction for the treatment of liver stagnation; if belongs to the type of accumulation of heat, at the time of treatment should be cooling blood and atmosphere, which can add or subtract treatment; if the fire belongs to inflammation. At the time of treatment should be based on the diuretic and cooling, can use Xiexin Decoction and decoction of modified treatment; if the patient is stomach fire to purge cooling and heat purging fire should be mainly in the treatment, we can use jade decoction, stomach clearing powder and the powder decoction for the treatment of benign diaphragm. In recent years, some scholars in the study of Chinese medicine in the treatment of patients with local. The patients with ulcer pellicles treatment, achieved remarkable curative effect, which can effectively relieve symptoms, promote ulcer healing. The effective treatment rate of the treatment of pediatric powder of *Coptis chinensis* is as high as 88%.

Methods of Western Medicine Treatment. Western medicine believes that the pathogenesis of recurrent oral ulcers is very complex, and the disease may be due to the interaction of multiple factors. Zinc deficiency, autoimmune abnormalities, abnormal humoral immunity and abnormal cellular immunity are the causes of the disease. The treatment of the disease is divided into systemic therapy and local treatment of two types of systemic therapy is a treatment method in the treatment of the disease, some scholars have used thymosin of recurrent oral ulcer were found after treatment on cell development and differentiation of thymosin can play a good role in inducing, it can make the lymph trunk no mature cells and lymphocyte differentiation has become immune activity of lymphocyte. Research shows that using furazolidone for treatment of recurrent oral ulcer effective rate as high as 72.1%. Furazolidone is an antibacterial drug, which can promote ulcer healing, relieve pain, and has antibacterial effect. Adrenal cortical hormone has anti allergic and anti-inflammatory effects, it can effectively reduce inflammatory exudate to a large extent reduce the permeability of capillaries. Research shows that using licorzinc in treating recurrent oral ulcer, which can have good curative effect. Because zinc can promote the regeneration of damaged tissue, so it can promote the healing of oral ulcer, so patients with recurrent oral ulcers should pay attention to it. Foreign scholars said that doxycycline added to local ulcer pellicles can promote healing of oral ulcer, this is mainly because the cyanide acrylic acid can form the inhibitory effect of doxycycline hydrochloride on the activity of human matrix metalloproteinase, can effectively relieve pain, reduce the epithelial tissue necrosis. Domestic scholars said the compound aluminum sulfate membrane in treatment of recurrent oral ulcer can obtain better curative effect. This is mainly because the compound aluminum sulfate membrane containing dexamethasone and gentamicin and tetracaine and other ingredients, it can form a layer of protective film on the surface of oral ulcer, thereby stimulating mucosal regeneration. In addition, rational therapies such as ultrasound, laser and light therapy can also be used to treat recurrent oral ulcer ulcers. We can stimulate the nerve endings, thermal radiation treatment instrument emitted infrared light and visible light in a low power shift to accelerate blood flow. It can promote the blood circulation, promote the absorption of local metabolites and promote the repair and regeneration of cells.

Methods of Integrated Traditional Chinese and Western Medicine Treatment. The composite film containing compound ciprofloxacin Bingpengsan, metronidazole and ciprofloxacin, vitamin B2 and other ingredients Cod Liver Oil concentration drops, compound Yangyin Shengji powder containing Yangyin Shengji powder, metronidazole and ciprofloxacin and concentrated Cod Liver Oil drops and other ingredients, so the above two kinds of drugs in the treatment of recurrent oral ulcer can achieve good curative effect. The effective rate of the treatment of recurrent oral ulcer is 90.6%, which is adjusted by immune regulation, vitamins, antiseptics, analgesic and anti-inflammatory. Studies have shown that giving patients with gypsum soup, while giving their procaine tin powder or ice boron powder external application can effectively treat children with oral ulcers, five days of treatment effective rate as high as 100%. 36 cases of oral ulcer in children were treated with plum blossom point tongue and lidocaine, and the effective rate was 97%. Using coptis root, borneol, dragon's blood, the west month ishisue and drug treatment of recurrent oral ulcer Dyclonine was tested in three hundred cases, and the effective rate of treatment was as high as 95%. Therefore, traditional Chinese medicine combined with local anesthetics in the treatment of oral ulcers can play a quick analgesic effect and promote the healing of the wound surface. Containing angelica, Comfrey and Tinidazole and other ingredients of Compound Tinidazole mouth break film, the traditional Chinese medicine and antibiotics with antibacterial effect to the treatment of recurrent oral ulcer can quickly control infection, accelerate the healing of oral ulcer.

Conclusion

Recurrent oral ulcer is caused by a variety of causes including immune dysfunction, endocrine disorders, irregular diet, depression state and other issues. Clinical staff should be combined with the related data of patients with recurrent oral ulcer comprehensive analysis of the condition, and according to the actual situation and to provide preventive treatment and care measures, comprehensive nursing measures for routine nursing and intervention. They promote wound healing as soon as possible, which will effectively reduce the recurrence rate, making patients satisfied the prognosis and improving their quality of life.

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