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Prevalence of myofascial pain dysfunction syndrome in dentistry students of Tehran International University of Medical Sciences

Elham Mohammadi Golrang, Mina Khayyam Zadeh, Pooria Behtarin, Zahra Ghoncheh and Hanieh Kaviyani
Tehran University of Medical Sciences, International Campus, Iran

Among oral and maxillofacial pains, masticatory muscle pain is the second most common complaint of patients after toothache, which affects a significant proportion of people. This disorder is the most prevalent form of temporomandibular disorders which is caused by various physiological and psychological causes, such as stress and anxiety. In the meantime, the stressful jobs, especially dentistry are exposed to the side effects of these pressures more than other groups in the society due to the pressure and stress which exists invariably and naturally in these jobs. The purpose of this study was to assess the prevalence of MPDS in dentistry students and also studies the relationship of this disease with mental-psychological disorders such as stress and anxiety. In this descriptive-cross sectional study, 48 patients were randomly selected in a cross-sectional manner. Each student filled out an information questionnaire consisting of background and clinical examination parts and was examined regarding clinical examinations and the presence or absence of pain 2. Syndrome caused by the mastication muscles dysfunction. Subsequently, the data and information related to the variables were analyzed, using 20SPSS statistical software and descriptive statistical tests and Fisher's exact test. The results of this study showed that the most common symptom in this study was clenching with the prevalence of 79.2%, and then was the joint sound of "Click" type with a prevalence of 77.1%. Furthermore, there was a significant relationship between depression and anxiety and masticatory muscle pain level.

el.mg27@yahoo.ca

Evaluating the level of iron, zinc and vitamin B12 in blood and saliva of patients with geographic tongue

Mina Khayyam Zadeh, Elham Mohammadi Golrang, Zahra Ghoncheh, Hanieh Kaviyani and Mohammad Taghi Kiani
Tehran University of Medical Sciences, International Campus, Iran

Benign migratory glossitis or geographic tongue is a common benign condition of unknown cause that occurs in the form of annular lesions on dorsal surface of the tongue. Vitamin deficiencies, emotional stress, digestive disorders and nutritional deficiencies are often cited as reasons with greater possibility. This study aimed to assess iron, zinc and vitamin B12 levels in blood and saliva of these patients in order to seek a more effective treatment for them. This is a case-control study consisting of 40 subjects who were examined at Oral Medicine Department of Tehran Dentistry School, International Campus and Mashhad Dentistry School by oral disease specialist and were enrolled based on inclusion and exclusion criteria. Samples of blood and saliva (2 mL each) were collected from cases and controls and the levels of iron, zinc and vitamin B12 were measured. Independent t-test was used for statistical analysis. The subjects consisted of 20 patients with geographic tongue with a mean age of 33.15±4.8 and an age range of 19-49 years including 8 females and 12 males and 20 healthy people with a mean age of 29.40±50.7 and an age range of 24-45 years including 10 females and 10 males. The mean level of saliva zinc was lower in the patient group than that the control group and there was a statistically significant difference between the two groups. No statistically significant difference existed among other variables in the blood and saliva. In patients with geographic tongue, salivary zinc levels were lower than the controls; although iron and vitamin B12 deficiencies may affect lingual papillae; no changes were found in their levels in serum and saliva.

elham.mg28@yahoo.com