

# Dental Health 2021: Prevalence of Cheilitis and Labial Physiologic Pigmentation among Dental Students in Faculty of Dentistry Universitas Padjadjaran: A Review Article- Sangary a, Universitas Padjadjaran, Indonesia

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The lips is one of the parts that form the oral cavity. There are various lesions that can affect the lips such as cheilitis and physiologic pigmentation which affects the functions and aesthetical aspects of lips. Cheilitis can cause difficulty while opening the mouth as well as speech difficulties while pigmentation reduces esthetical value of the lips. Cheilitis is an inflammation characterized by desquamation, erythema, and crusting. Pigmentation is an excessive deposition of melanin in the epidermis of lips. This research is carried out to discover the prevalence of cheilitis and labial physiologic pigmentation among dental students in Faculty of Dentistry Universitas Padjadjaran.

This study used descriptive method and total sampling. The study was conducted on 195 clinical dental students in Rumah Sakit Gigi dan Mulut Unpad. The lips were then examined carefully and data was recorded. The data is presented with simple frequency distribution table and analysed.

The result showed that prevalence of cheilitis and labial physiologic pigmentation is 11.2% and 55.4% respectively whereas subjects with both cheilitis and labial physiologic pigmentation is 33.4%. The types of cheilitis and the prevalence found in this research are exfoliative cheilitis, contact cheilitis and angular cheilitis with a percentage of 42.6%, 3.4% and 1.2% consecutively.

The conclusion of the research is labial physiologic pigmentation has the highest prevalence among the dental students followed by exfoliative cheilitis, contact cheilitis and angular cheilitis.

**Problem Identification** The problem identification in this research is: 1. To find out the prevalence of cheilitis and labial physiologic pigmentation among dental students in the Faculty of Dentistry Universitas Padjadjaran. 2. To find out the types of cheilitis found in the dental students in the Faculty of Dentistry Universitas Padjadjaran. 4 1.3 **Aim of Research** The aim of this study is to obtain the percentage of cheilitis and physiologic pigmentation among dental students in the Faculty of Dentistry Universitas Padjadjaran and to find the types of cheilitis among the dental students. 1.4 **Benefits of Research** The benefits of the research can be divided into two types that are theoretical benefits and also practical benefits. The theoretical benefits of the research is this research will be a startup point to develop and discover more about the prevalence of cheilitis and physiologic pigmentation across the country. Besides, the data

that is collected during this research can be used to predict the risk factors of cheilitis and physiologic pigmentation. This research has the ability to increase the knowledge of cheilitis and physiologic pigmentation among dentists and dental students. The practical benefit of this research is that it creates awareness among dental students regarding the importance, the side effects of cheilitis and also the vitality of oral hygiene in order to prevent the occurrence of cheilitis. Next, through this research, the normal and abnormal variation of the lips can also be identified. Finally, the research subjects can also avoid the recurrence of lip abnormality and retain the normal function of the lips as well as retain their esthetic value. 5 1.5 **Conceptual Framework** The lips are important parts of the oral cavity that contributes to esthetical value, helps in speech and also to open and close the mouth during eating. Therefore, it is important to take care of the health of the lips. Lip cheilitis and lip pigmentation are diseases that can cause an abnormality of lips. Actinic cheilitis is one of the common cheilitis that is caused due to excessive sun exposure that affects the lower lips more often than the upper lip.<sup>11</sup> Previous research done in Campinas, Brazil shows that the percentage of actinic cheilitis is approximately 39.6%. It is also evident that the actinic cheilitis is also affected by the skin color of an individual, where a dark-skinned individual has less tendency to develop actinic cheilitis.<sup>28</sup> Meanwhile, in Australia, an estimate of 40- 50% of actinic cheilitis has affected the Australian population.<sup>29</sup> Contact cheilitis is also another type of cheilitis that affects the lips. Contact cheilitis can be caused by lipsticks, mouthwashes, dental preparations or even food like oranges, mangoes, and artichokes.<sup>30</sup> Previous research done shows that the prevalence of contact cheilitis is about 20.1%.<sup>31</sup> Exfoliative cheilitis is one of the types of cheilitis that is caused by bad habits like lip licking or lip biting. The prevalence of exfoliative cheilitis in Singapore is 5.4%<sup>32</sup> meanwhile in Thailand contributes a percentage of about 18.3%.<sup>33</sup> Angular cheilitis that occurs due to nutritional deficiency, microbial infection, mechanical trauma, and systemic disease.<sup>11</sup> In Nigeria, angular cheilitis contributes about a percentage of 2.5% that is caused by fungal infection<sup>34</sup> meanwhile in Spanish is about 2.9% due to tobacco and alcohol.<sup>35</sup> 6 Another condition that differs from the normal variation of lips is lip pigmentation. One of the common lip pigmentations is physiologic pigmentation which can be frequently observed in dark-skinned individuals compared to fair-skinned individuals.