

Dental Health 2019: Prevalence of Tongue Lesions among Dental Students in Faculty of Dentistry Universitas Padjadjaran- Meelaashah Rangunathan, Universitas Padjadjaran

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Introduction: There are various lesions can be found on the surface of the tongue. Around the globe, many researches has conducted to observe the condition of the tongue lesions but not in Indonesia that focuses on dental students. This research is carried out to obtain the prevalence of tongue lesions among dental students in Faculty of Dentistry Universitas Padjadjaran. The study used descriptive method and total sampling. The research was conducted on 250 clinical dental students in Rumah Sakit Gigi dan Mulut Unpad. Tongue lesions were examined and the data were recorded. The data were presented with simple frequency distribution table.

The result showed that the prevalence of tongue lesions is 68%. The types of tongue lesions found are fissured tongue (2.9%), coated tongue (13.5%), physiologic pigmentation (0.6%) and crenated tongue (46.5 %). The prevalence of combined tongue lesions are fissured tongue and coated tongue (4.7%), fissured tongue and crenated tongue (8.2%), geographical tongue and coated tongue (0.6%), geographical tongue and crenated tongue (1.2%), coated tongue and crenated tongue (21.2%) and physiologic pigmentation and crenated tongue (1.2%).

The conclusion of this study stated that the prevalence of crenated tongue is the highest among dental students followed by coated tongue, fissured tongue and physiologic pigmentation. For combined lesions, coated tongue and crenated tongue has highest prevalence followed by fissured tongue and crenated tongue, fissured tongue and coated tongue, geographical tongue and crenated tongue, physiologic pigmentation and crenated tongue and the least is geographical tongue and coated tongue.

Prevalence and intensity of periodontal disorders also have a close relationship with the state of geography, social, economic, educational, systemic health, state of the oral cavity, and oral habit.² Periodontitis is one of the periodontal disease that often occurs. According to time of onset and progression of disease, periodontitis is categorized into chronic periodontitis and aggressive periodontitis. Chronic periodontitis can be started at any age with a slow disease progression and clinically visible in mid-age 30 years or more. This disease continues in patients along with increasing age due to the length of the accumulation of plaque on periodontal tissue. It triggers the inflammatory process, resulting in loss of clinical attachment and alveolar bone destruction. Aggressive Periodontitis is common in young age, starting from the age of puberty until the age under 30

years old. At older ages, individuals who suffer from aggressive periodontitis have started to lose teeth due to tooth mobility. Aggressive periodontitis can occur locally or generally. Various factors that influence aggressive periodontitis are subgingival composition of specific microflora, patients with immune system deficiency, genetic, and environmental. Aggressive periodontitis may demonstrate minimal inflammation with loss of clinical attachment and alveolar bone destruction rapid. This can lead to premature tooth loss that impaired function of the oral cavity. 3-6 Aggressive periodontitis generally occurs in younger patients with a low incidence and prevalence of chronic periodontitis compared.⁵ The existence of specific risk factors such as bacteria, immune deficiencies, genetic, and environmental that cause aggressive periodontitis from some

Objectives: The aim of this research is to find the clinical features and the predisposing factors of coated tongue among clinical dental students in Faculty of Dentistry Universitas Padjadjaran.

Material and Methods: The research is a descriptive type where students with coated tongue were observed and specific scores were given based on Miyazaki classification and Gomez classification to measure the distribution and discoloration of the coating on the tongue. For the predisposing factor, a questionnaire was given out to find out the most influential predisposing factor.

Results: In this research, 68 clinical dental students were found with coated tongue. Based on Miyazaki classification, 28 have score 1, 29 have score 2 and 11 have score 3. Based on Gomez classification 63 have score 1 (92.6%), 3 have score 2 (4.4%) and 2 have score 3 (3%). coated tongue occur due to soft diet on 29 students (42.6%), medication intake on four students (5.9%), less water intake on 26 students (38.2%) and less fiber intake on nine students (13.2%).

Conclusion: Among all clinical dental students in Faculty of Dentistry Universitas Padjadjaran, most of the sample have scored 2 for Miyazaki classification and score 1 for Gomez classification. For the predisposing factors, coated tongue highly occurred due to soft diet followed by less water intake, less fiber intake and medication intake.