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Prevalence of oral lesions: A multi centered study

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Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal disease, tooth decay, tooth loss and other diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking and psychosocial wellbeing. It is a norm for a dentist to perform oral examination on every patient arriving to the clinic. But it is unfortunate that the term "oral examination" usually incorporates dental or periodontal examination only, while, proper oral mucosal and hard tissue examination is a rarity in dental practice. This enhances the risk of failing to identify potentially health compromising or life threatening oral lesions. Only a handful of studies have assessed the prevalence of oral mucosal lesions in Saudi Arabia. This study was conducted to assess the type and prevalence of oral soft and hard tissue lesions in dental patients arriving at two dental centers in Riyadh namely, "Riyadh College of Dentistry & Pharmacy" (RCDP) and "Shamesi Hospital" (King Saud Medical City - KSMC). The study included 2366 patients and only 45 had chief complaint at the time of history taking, while the rest were unaware of any dental problems. Results showed numerous patients with oral lesions, some demanding immediate therapeutic intervention such as ameloblastic fibroma, ameloblastoma, dentigerous cyst, odontogenic keratocyst and others don't, but the patient should be notified if there are variations from normal. The findings of this study provide information on the type and prevalence of oral lesions among dental patients in various dental centers in Riyadh. Furthermore, this study shows that numerous dental patients who have oral pathological lesions remain undiagnosed or fail to report any symptoms to the dentist, thus, greater emphasize should be placed on proper oral mucosal and oral hard tissue examination during the routine intraoral examination in dental clinics and dental schools. This study provides baseline data for future studies about the prevalence, etiology and pathogenesis of oral lesions in KSA population.

Biography

Amani Saeed Alshehri has completed High Diploma of Dental Hygiene in PSMCHS (Prince Sultan Medical College of Health Sciences), Dhahran, KSA, and BDS of Dentistry in RCDP (Riyadh College of Dentistry and Pharmacy), Riyadh KSA. He is a Faculty Member and a Demonstrator in the Prosthetic department in RCDP and Clinical Team Coordinator Assistant in RCDP Dental Clinics.

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