

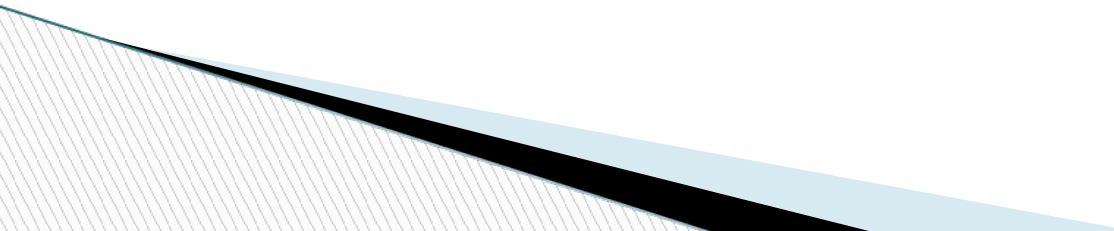
## **Unit 24**

# ***Some Infections of the Mouth and Throat***

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# Objectives

- **Recognize symptoms that indicate disease of the mouth and throat**
  - **Understand the causes of these infections and their treatment**
  - **Treat simple infections yourself**
  - **Know when to refer the child to the doctor**
  - **Explain to the parents how to prevent infections of mouth and throat in children.**
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# **Structure of the Mouth and Throat**

**The mouth contains the tongue and the teeth. At the back of the mouth is the throat, and at each side of the throat, there are two special glands called the tonsils.**

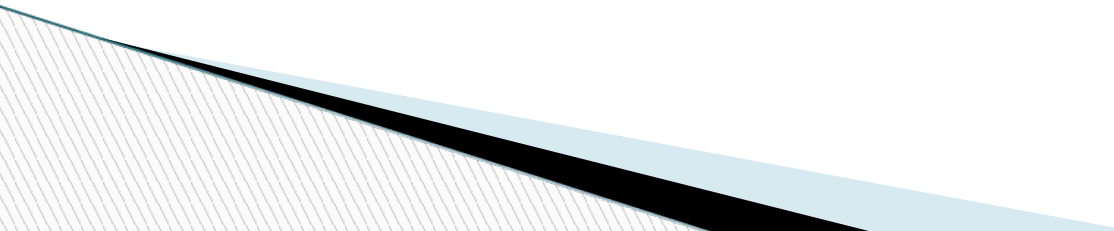
**The first teeth— the incisors in the middle of the mouth — erupt between the fourth and sixth month. After that, the teeth come out in pairs. The molars come out at the age of two years. In all, twenty teeth erupt. These are called ‘milk teeth’ and are retained till the age of six years.**

**After six years, the teeth fall out one by one and the permanent teeth erupt. A child of ten or twelve will usually have twenty eight teeth.**



# **Symptoms of Disease in the Mouth and Throat**

**The following complaints (symptoms) are indicators of some diseases in the mouth and the throat.**

- ❑ Sore mouth and tongue**
  - ❑ Pain on swallowing**
  - ❑ Sore throat**
  - ❑ Tooth ache and bleeding gums**
  - ❑ Ulcers in the mouth.**
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# Causes of Symptoms and Treatment

## □ Sore Mouth and Tongue

**Cause:** Commonest is deficiency of Vitamin B-Complex, particularly of B2.

**Due to heavy infestation of worms, that interfere with the natural production of Vitamin B in the body.**

**Symptoms:** Inner lining of mouth becomes red and sore, and burns when food touches it. Yellowish ulcers. Tongue becomes red and sore and fissured. The angles of the mouth become whitish and cracked. This is called 'angular stomatitis'

**Treatment:** Treat for worms. Vitamin B complex to be given. Soft foods that are not pungent should be given.

## ❑ **Pain on Swallowing and Sore Throat**

**This is usually due to a sore throat, and/or enlarged tonsils. This occurs due to infection, and spreads from one child to another while coughing or sneezing.**

**In young children, sore throats can be caused by a particular germ (streptococcal) which is very harmful and can affect the joints and the heart. Therefore, it is important to treat sore throats in young children immediately.**

- ❑ **Treatment: Gargling with warm salt water helps, but small children cannot usually gargle. If the sore throat does not improve within three days, refer the child to the doctor.**

- **Tooth Ache** - Clean teeth with pink gums are sign of good health , hygiene.

**Tooth ache - usually due to caries of the teeth. Bacteria in mouth act on food particles in mouth, erode enamel of teeth and cause holes in teeth. Nerve in tooth gets exposed and causes pain when any food particle touches the nerve end. Made worse by sweets and aerated drinks.**

**Treatment: The caries can be filled up only by a dentist. So refer the child to the doctor. In the centre, the child can be given some cold tea decoction (without milk) to gargle with.**

**Prevention: Oral hygiene: brush twice a day and rinse after food**

□ **Ulcers in the Mouth** - Small yellow patches which are very painful. They can occur due to many causes.

a) **Causes:** The usual cause is deficiency of Vitamin B2 (Riboflavin). The child will complain of burning in the mouth and difficulty in eating. In very severe cases, the tongue also will have ulcers.

b) Sometimes ulcers may be caused by a virus.

c) Measles can also cause ulcers.

d) Chicken pox causes inside of mouth to become red and sore.



**Treatment: Gargle with plain cold milk, coconut milk or buttermilk. Avoid pungent food. As measles and chicken pox becomes better, the ulcers will disappear. If due to Vit B deficiency, then that needs to be given.**

**Bleeding Gums – Indicate Vitamin C deficiency. This was discussed in Unit 17.**

*Thank You*