



Activity of Zinc Oral Dispersible Tablet on Marjory Clinical Type of Recurrent Aphthous Stomatitis Ulceration, a Clinical Trial Human study

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Abstract:

Background: Oral recurrent aphthous stomatitis is the most common disease of the oral cavity. The underlying etiology remains unclear, and no curative treatment is available. Zinc is essential and useful for normal growth and tissue repair, zinc acts as an integral part of several enzymes important to protein and carbohydrate metabolism.

Objectives: The present study aimed to use systemic drug used zinc oral dispersible tablet (20mg). Illnesses related to the oral cavity by studying its effects in oral recurrent aphthous stomatitis major clinical type (ORAS), this systemic therapy is not indicated in such situations among other drugs.

Methods: In this study patients presented with (ORAS) ulceration lesions were treated with zinc oral dispersible tablet (20mg) administered orally once daily after meal. The dispersible tablet was administered orally once daily for 14 days, 52 patients (36 males and 16 females aged between 28-30) with biopsy-confirmed aphthous ulceration of the lesions area, divided into two groups; group A, 28 patients were randomly assigned to receive zinc oral dispersible tablet, 20 mg/day once per day, and group B; 24 patients with oral placebo daily for 14 days.

Results: The results showed that administering of zinc oral dispersible tablet once per day

accelerated the healing process within a short time period (8 days) without complications or disfigurement in all patients. Group A, 22 patients, (the healing rate were 0.66%) of 28 patients were used zinc oral dispersible tablet (20mg) doses administered orally had complete healing of aphthous ulcers at period time eight days of clinical investigation evaluation and weight increase rate by 0.32% kg during the time period of the study, compared with group B, only 8 patients (the healing rate were 0.21%) of 24 placebo-randomized patients eating ability caused by oral cavity aphthous ulceration were improved markedly and had a weight loss rate by 0.53% kg

Conclusion: In this study showed that, the zinc oral dispersible tablet treatment was effective in healing of the major type aph-



thous ulceration and the end-points of the study were complete healing and absence of any discomfort pain while eating within a short period of treatment.

Keywords: Zinc, Recurrent aphthous stomatitis, clinical management, zinc oral dispersible tablet.

Biography:

Ameer Hamdi AL-Ameedee done his Ph.D. in Esthetic and Operative Dentistry, Collage of Dentistry, University of Babylon, Hilla, Iraq.

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