

## A Cross-Sectional Study of Oral Manifestations in Patients with Psoriasis

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### Abstract

**Background:** It is unknown how often psoriatic lesions in the oral cavity are known to occur and what specific clinical and histological criteria they meet. While the incidence and clinical variance of psoriasis are varied in the literature, some non-specific lesions are more common in psoriatic patients compared to healthy individuals. **Methods:** A pre-tested and pre-validated questionnaire were used to fill the demographic profile of the patients including their personal history, history of present illness, and family history. including a history of cardiovascular disease and diabetes mellitus. Each patient underwent a thorough physical examination so that extracutaneous involvement, such as that of nails, and articular system, could be assessed. The extension of the involved area in different parts of the body of patients was calculated based on Psoriasis Area and Severity Index (PASI) score and recorded in the medical records of the patients by the physician. After that, the dental surgeon examined the complete oral cavity to determine the type and location of oral lesions. **Results:** Out of the total n=40 cases n=20(50%) had oral lesions and the remaining 50% did not have oral lesions. Out of the n=20 cases with lesions n=14(70.0%) had oral lesions at the beginning phase of psoriasis and n=7(30.0%) cases had oral lesions in the late phase of the disease. The most common type of oral lesion was fissured tongue in n=18(45%) of patients followed by geographic tongue in n=17(42.5%) of cases the other common oral lesions in the cases were angular cheilitis 12 (30.0%) of cases and white plaques in n=11(27.5%) of cases. **Conclusion:** True oral psoriasis is uncommon, but patients with psoriasis may frequently have non-specific mouth lesions. Routine evaluation of the oral cavity appears to be important in all individuals with the diagnosis of psoriasis since actual psoriatic oral lesions and nonspecific alterations are typically asymptomatic.