

ORAL CANDIDIASIS- A CASE REPORT

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ABSTRACT

The diagnosis and treatment of oral lesions is often challenging due to the clinicians' limited exposure to the conditions that may cause the lesions and their similar experiences. This is a case report of white patch in the centre and ulcerations on the dorsum involving the lateral border of the tongue completely. The objective is to give a brief review of the disease and its prognosis.

INTRODUCTION

Tongue problems often are not serious, but at times the symptoms might occur due to some underlying conditions that require medical treatment. This is a case report of a simple fungal infection which on the first visit appeared very alarming and the patient was afraid that it was a serious disease, namely cancer.

CASE REPORT

A male patient aged about 75 years reported in the clinic with severe red ulcerations on the lateral border and white patch in the centre on the whole tongue. He gave a history of similar condition about two years back for which he took homeopathic treatment for six months. He noticed that the symptoms had flared up and he had to go for allopathic treatment. The condition healed up after two years. (Pic 1)



Pic 1



Pic 2

I advised him betadine mouthwash, anti-fungal treatment with B-Complex and recalled him after a few days. After a week I noticed that the signs and symptoms were gradually subsiding, though not completely cured. (Pic 2)

I told him to continue the same treatment for one more week. After two weeks the tongue was returning to its normal condition although some whiteness still persisted. The patient was satisfied but unwilling to continue with anti-fungal tablets. As an alternate option I advised him to increase his immunity by healthy diet as oral diseases are auto immune. I also asked him to continue with the mouth wash and remain free of any stress. This showed that the prognosis was good.

He had no history of any systemic disease. Initially the patient was apprehensive of the condition being cancerous but seeing the improvement he was relieved that it was not so. (Pic 3)



(Pic 3)

DIFFERENTIAL DIAGNOSIS

Candidiasis is a disease caused by growth of a fungus, *Candida albicans*. It is important that candidiasis be differentiated from other lesions of the oral cavity which may present a similar clinical appearance but may have a different prognosis [1]. For example:

- a. Lichen planus [3]
- b. Leukoplakia
- c. Pemphigus
- d. Erythema multiforme
- e. Side effects of medicines

f. Gastro intestinal disorder

However, the clinical characteristics of these various diseases are usually sufficient to differentiate one from the other. Oral candidiasis usually remains localised but on occasion it may show extension to the pharynx or lungs often with fatal outcome [2]. That is why precautions are must and a detailed history should be taken since oral ulcers are provoked by stressful conditions. The patient should be assured that the disease is non-cancerous.

CONCLUSION

From this case it can be seen that any oral disease looking alarming in the first appearance can be nothing but an ordinary condition which can be cured by simple home remedies and precautions. Fungal infection is not an alarming condition but a minor problem. It is self-diagnosed and lab tests are rarely required [4].

REFERENCES

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