

구강작열감 증후군 환자의 임상적 특징 및 스테로이드 가글 치료의 예비결과

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Preliminary Results of Steroid Gargle Treatment and Clinical Characteristics of Patients with Burning Mouth Syndrome

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ABSTRACT

Background and Objectives : Burning mouth syndrome (BMS) is characterized by a burning sensation in the tongue or other oral sites, usually in the absence of clinical and laboratory abnormal findings. BMS is not an uncommon disease that ENT doctors can encounter in the OPD clinics. However, the causes, pathophysiology, and treatment of BMS are not known yet, and there are just a few reported articles. The aim of this study was to analyze the characteristics of BMS and to evaluate the effects of steroid gargle treatments. **Subjects and Method** : We reviewed 18 patients with BMS who visited the Department of Otolaryngology, Ajou University Hospital. The patients were analyzed according to the sites, duration of their burning sensations and associated symptoms. Furthermore, the interview included inquiries regarding current diseases, on-going medications, smoking history and psychological factors. The change of symptoms after steroid gargle treatment with/without other drugs was carefully analyzed. **Results** : The average age of patients with BMS was 56.4 years old, and the male to female ratio was 8 : 10. The most frequently involved site was tongue (94.4%), followed by lower lip, gingiva, palate, and floor of mouth. We found that the causes of BMS were psychogenic factors for 4 patients, and diabetes mellitus and hypertension for 2 patients each. Approximately 80.0% (8/10 patients) of the women was menopausal. Six (50.0%) of 12 patients treated only with steroid gargle and 3 (75.5%) of 4 patients treated with steroid gargle and other medications showed relieved symptoms. **Conclusion** : Burning mouth syndrome is not an uncommon disease in the ENT field, and has complex etiology. Although the definitive treatment for BMS is not known yet, we think that steroid gargle may be helpful in the treatment of BMS. (Korean J Otolaryngol 2004;47:569-74)

KEY WORDS : Burning mouth syndrome · Steroids.

구강작열감 증후군(BMS)은 혀나 다른 구강 부위에 타는 듯한 감각을 특징으로 하며, 임상적·실험적 이상 소견 없이 발생한다. BMS는 이비인후과 진료실에서 흔히 접할 수 있는 질환이지만, 그 원인, 병태생리, 치료는 아직 알려지지 않았으며, 관련 문헌은 극히 드물다. 본 연구의 목적은 BMS의 임상적 특징을 분석하고 스테로이드 가글 치료의 효과를 평가하는 것이다. **대상 및 방법** : 본 연구는 18명의 BMS 환자를 대상으로 하였다. 환자의 타는 듯한 감각의 부위, 지속 시간, 동반 증상 등을 분석하였다. 또한, 현재 질환, 복용 중인 약물, 흡연력, 심리적 요인 등에 대해 면담하였다. 스테로이드 가글 치료(단독 또는 다른 약물 병용) 후 증상 변화에 대해 분석하였다. **결과** : BMS 환자의 평균 연령은 56.4세였으며, 남:여의 비율은 8:10이었다. 가장 흔하게 타는 듯한 감각을 호소하는 부위는 혀(94.4%)였으며, 그 다음으로 아래 입술, 잇몸, 입천장, 구강 바닥 순이었다. BMS의 원인은 4명의 환자가 심인성 요인, 2명의 환자가 당뇨병과 고혈압 각각이었다. 약 80.0% (8/10)의 여성 환자가 폐경 상태였다. 스테로이드 가글 단독 치료 12명 중 6명(50.0%)과 스테로이드 가글 병용 치료 4명 중 3명(75.5%)의 환자가 증상 호전을 보였다. **결론** : 구강작열감 증후군은 이비인후과 진료 분야에서 흔한 질환이 아니며, 복잡한 병인을 가진다. 아직 BMS의 definitive 치료는 알려지지 않았지만, 스테로이드 가글이 BMS의 치료에 도움이 될 수 있다고 생각한다. (Korean J Otolaryngol 2004;47:569-74)

키워드 : 구강작열감 증후군 · 스테로이드.

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chlordiazepoxide, nystatin, pyridoxine, capsaicin

0.7~15%
2)3)
4-7)
1-3)
3)8)9)

구강작열감 증후군의 스테로이드 가글 치료

0.7% , Tammiala - Salo-
 nen ⁶⁾ 15%가 ¹⁴⁾
 , Bergdahl ⁸⁾ 1427
 3.7%가
 가 , 0.7~ ^{2,3)}
 15% , , 가 ,
 , Hakebeg ¹⁰⁾ 4.6%가 ¹⁰⁾ 1 , 1 ,
 , Bergdahl ⁸⁾ 79.2%가 가 2 18 4 (22.2%)
 . 18 10 (55.6%)
 가
 1 가 40 가 ²⁾ ,
 가 가 10
 , 1/3 8 (80.0%) ¹²⁾
¹¹⁾ 가 4 (22.2%) B1, B2, B6,
 , , , Ship ¹³⁾
 , Basker ⁴⁾
 가 가 2
 angiotensin - converting en-
 zyme(ACE) inhibitor
¹²⁾ 16 7 (38.9%) ¹⁵⁾ ACE in-
 hibitor 가 2
 가 , ²⁾¹²⁾
 2/3, , 가
¹³⁾ 가 17 (94.4%) 가
 , 2/3 가 , (27.8%), ¹⁶⁾
 (11.1%), (11.1%), (5.6%) 가 4 ,
 . 18 가 1 .
 7 (38.9%)
 , 가
¹¹⁾ , 가 ¹²⁾ 6

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