

Oral Health and Psychological Stress

Oral lichen planus is a chronic immune-mediated disease of the oral mucosa, with a prevalence rate of 0.5-2% (Liao et al. 2021). There are six variants of Oral Lichen Planus lesions but the erosive type is of most clinical significance. Symptoms range from slight discomfort and burning sensation to episodes of severe pain that interferes with speaking, eating and swallowing. It is believed that Oral Lichen Planus is related to an abnormal T-cell-mediated autoimmune response (Edwards et al. 2002). It usually affects the lining of the cheeks and tongue but may involve the tonsils and larynx. A clear association between psychological stress and Oral Lichen Planus is well characterized, however, a causal relationship has not yet been demonstrated.

Higher levels of cortisol in serum, saliva and urine have been detected in patients with Oral Lichen Planus compared with those in healthy subjects (Manczik et al. 2019). Cortisol is the main human glucocorticoid and is considered a biological marker of stress and anxiety. Stress, as a psychological factor, leads to elevated cortisol levels and this alteration is associated with an imbalance of cytokines, that can promote the development of autoimmune diseases (Hazeldine, 2020; Stojanovich, 2010). Oral Lichen Planus can have a big impact on quality of life as it has a major effect on social relations, psychological status and daily activities.

To minimize the risk of serious adverse effects associated with treatment, topical treatments are often preferred over systemic treatments. Treatment is mainly focused on eliminating mucosal erythema and ulceration as well as alleviating symptoms and disease during periods of activity and increasing the periods of disease quiescence.

Aftamed is a specific and innovative treatment for mouth ulcers and lichen planus that relies on the action of its main component, high molecular weight hyaluronic acid to make the product strongly bioadhesive, an effect that is enhanced by glycopolymers. Because of its adhesive properties, Aftamed adheres to the oral mucosa long enough to promote the activation of physiological tissue repair processes which improve the healing response and reduce healing time. In addition, it helps maintain the balance of extracellular fluids and promotes the resorption of oedema, reducing the associated pain. It also protects the oral mucosa by preserving the micro environment of the mucosal surface and by regularizing the growth of bacterial flora. The evidence on Aftamed includes clinical data from high quality, comparative studies (Nolan, 2006; Nolan, 2009, Koray, 2016). The studies covered treatment and pain control of recurrent aphthous ulceration and the management of lichen planus. In all cases, patients were treated with multiple applications of the gel formulation and depending on the study, the follow up period varied between 7 and 29 days. Together, the studies provide sound clinical data on the efficacy and safety of topical treatment with Aftamed.

For the management of aphthous ulcers and lichen planus

- Effective and safe, promotes healing and helps prevent recurrences
- Provides immediate pain relief
- Available as a mouthwash, spray or gel

150ml bottle of mouthwash
BOAFTAMEDM

20ml spray bottle
BOAFTAMEDS

15ml tube of gel
BOAFTAMEDG



"Aftamed, in my opinion, has amazing healing properties and I recommend this product to patients for the management of a number of oral conditions."

Mary Mowbray, RDH.