



RESEARCH ARTICLE  
DOI: 10.47750/jptcp.2022.953

## Prevalence Of Oral Reactive Lesions Among Oral Biopsies - An Institutional Based Study

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**Submitted: 10 February 2022; Accepted: 15 April 2022; Published: 21 June 2022**

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### ABSTRACT

**Introduction:** Gingival mucosa is very often under mild irritation as a result of masticatory forces, entrapment of food debris, ill fitting appliances and the multitudinous array of normal microflora which may turn pathogenic under altered circumstances. The response of the gingival mucosa towards these irritants sometimes turn out to be hyperplastic which may lead to a class of oral reactive lesions namely inflammatory fibroepithelial hyperplasia, Pyogenic granuloma, angiomatous granuloma, peripheral ossifying fibromyalgia and central giant cell granuloma.

**Aim:** The study aims to assess the prevalence of oral reactive lesions who reported to the dental institution.

**Materials and methods:** All the data regarding the study population was obtained from DIAS( Dental Information Archiving Software)- all patient records from management. The data collected was tabulated and imported to SPSS software. Statistical analysis was done using Chi square tests.

**Results:** results from the study indicate that inflammatory fibroepithelial hyperplasia is highly prevalent followed by angiomatous granuloma. And also, females between the age group 30 - 40 years commonly presented with oral reactive lesions when compared to males. ‘

**Conclusion:** Therefore from the results obtained, it can be concluded that amongst the oral reactive lesions inflammatory fibroepithelial hyperplasia was highly prevalent among females of age 30 - 40 years.

**Keywords:** *Gingival reactive lesions, histopathology, innovative technique, peripheral giant cell granuloma, Pyogenic granuloma, inflammatory fibroepithelial hyperplasia*

## INTRODUCTION

Reactive lesions are clinicopathological benign, reactive, solitary and occur as a result of chronic and recurrent tissue injury leading to exuberant tissue response (1)(2). Previous research done in OPMD and Cancers by our team (3)(4)(5,6)(5,7). It is commonly seen in the gingiva of the oral cavity and also occurs in other sites of oral cavity as well(8–10) Although it is benign, it has a tendency to appear again followed by complete excision and inability to remove local irritants(11). Carbon dioxide laser usage has been preferred over surgical excision nowadays because of its minimal recurrence followed by maintenance of oral hygiene and regular follow ups (12)

This is a critical deficiency as proper diagnosis and treatment demands the knowledge of the respective probability of possible lesions (13). Reactive lesions are less likely to be seen in sites like tongue, palate, cheek and floor of the mouth (14). Clinical features of these lesions include sessile or pedunculated masses with smooth or injured surface, seen in different colours ranging from bright pink to red (15). It is possible to identify these lesions with a typical histopathological pattern or feature; it can be divided into vascular and fibrous types (16). The clinical appearance of these lesions represent neoplastic lesions which makes it difficult to diagnose the condition appropriately often for the dentists. Previous research done in OPMD and Cancers by our team (17) (17,18) (19) (20)

Various studies have demonstrated the difference in type of reactive lesions in accordance with age, gender, location and clinical behaviour of these lesions in different populations . In the literature, some studies demonstrated exceptionally the histopathological feature of these lesions in the

oral cavity (21–23).

It was also found that there does not exist much difference in the clinical presentation of various oral reactive lesions and so Periodontologist and Oral and Maxillofacial Surgeons often refer and call the diagnostic term as “epulis “ (24). Diagnosis of each of these lesions depends on the clinical as well as radiographic features and serves as a key for diagnosis (25). Most of the data regarding these lesions are from the Western countries which reveals that reactive lesions of the oral cavity have not yet been studied in Indian population (26)

The aim of the study is to assess the prevalence of oral reactive lesions in the biopsies received in the Oral Pathology Department . It also deals with the clinical and histopathological differences, prevalence in different age groups and various other inclusion factors. Our team has extensive knowledge and research experience that has translate into high quality publications (27–36)

## MATERIALS AND METHODS

The study was designed to include all patients with oral reactive lesions reported to the Department. Patients who did not fall under this inclusion criteria were excluded. The study was based on the Random sampling method. To minimise the sampling bias, all the cases were reviewed priorly and included. Data collection was done using the patient database with the time framework of 1st March 2020 to 31st March 2021. About 52 patient data was collected and those fitting under the inclusion criteria were included. Cross verification of data was done by a reviewer. The data collected was tabulated based on the following parameters

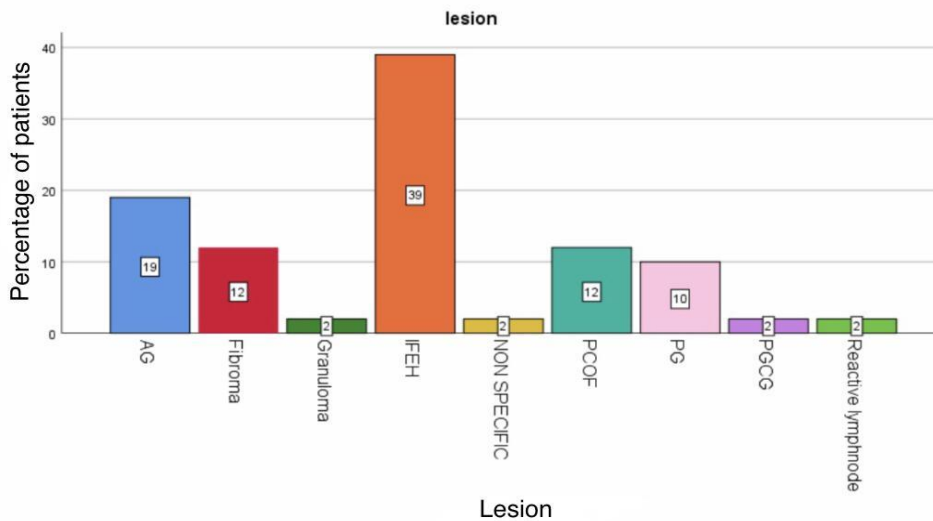
Patient's demographic details  
 Type of oral reactive lesions  
 Age  
 Gender

The variables were coded and the data was imported to SPSS Version 20 categorical variables were expressed in terms of frequency and bar graphs were plotted. The statistical significance of the associations were tested using Chi square test.

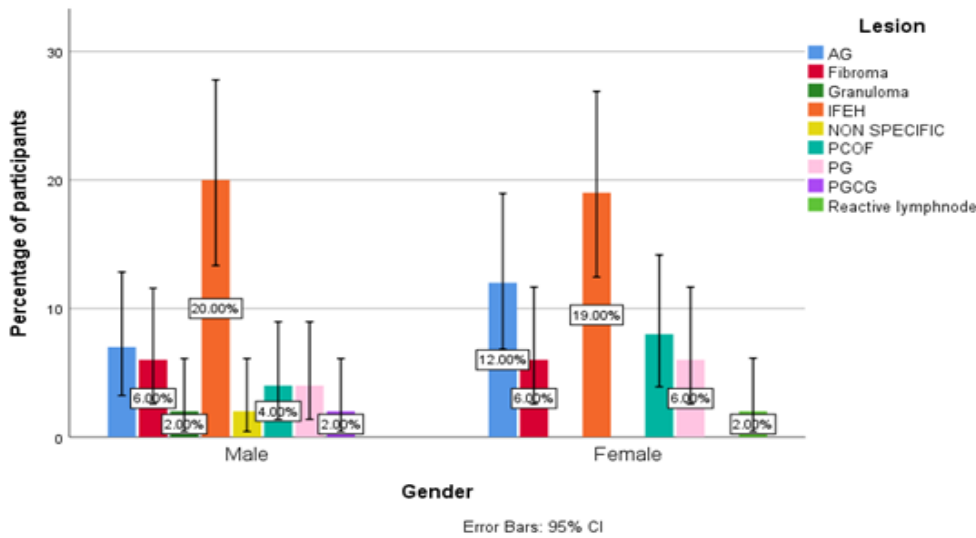
### RESULTS

Figure 1 explains the prevalence of various oral reactive lesions among which inflammatory fibro epithelial

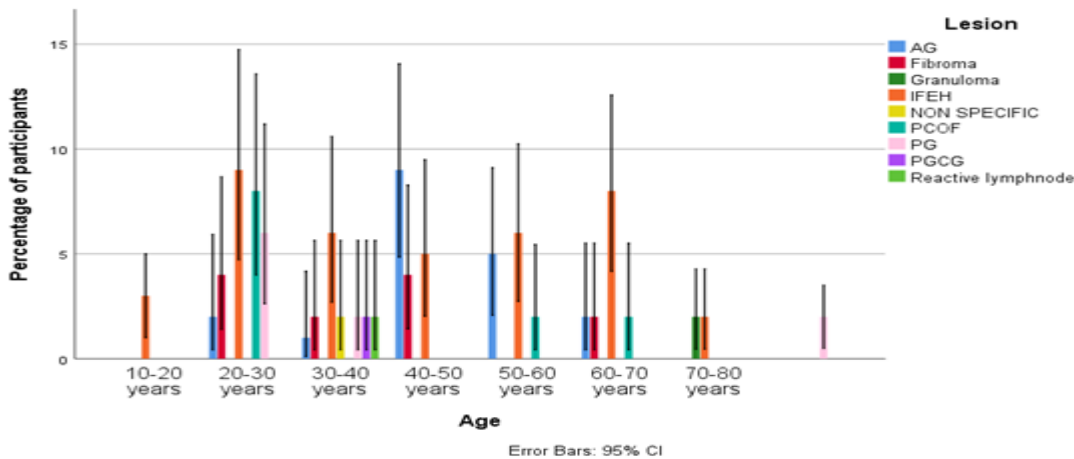
hyperplasia was found to be most common (39%). Figure 2 shows that males are more prone to be affected by inflammatory fibro epithelial hyperplasia (20%). Chi square test was done to find the association between the variables and was found to be statistically insignificant ( p value is 0.062).Figure 3 shows that people between 20 and 30 years are more likely to be affected by various oral reactive lesions ranging from inflammatory fibro epithelial hyperplasia to angiomatous granuloma when compared to people of other age groups. Chi square test was done to find the association between the variables and was found to be statistically insignificant ( p value is 0.423).



**FIGURE 1:** shows the prevalence of various reactive lesions . X axis represents the lesion and Y axis represents the number of participants. Majority (39%) showed that inflammatory fibro epithelial hyperplasia was found to be most common.



**FIGURE 2:** shows the association graph between gender and oral reactive lesion. X axis represents gender and Y axis represents the number of participants. Among the genders, males are more commonly affected by oral reactive lesions. Among males, inflammatory fibroepithelial hyperplasia was found to be more prevalent at about 20%. Among females also, inflammatory fibroepithelial hyperplasia was more common at about 19%. Collectively among the gender, males are more likely to be presenting with inflammatory fibroepithelial hyperplasia with a very little difference. p value is 0.062 ( $p > 0.05$ ) showing the insignificance.



**FIGURE 3** shows the association graph between age and oral reactive lesions. . X axis represents age and Y axis represents the number of participants. Among the selected age group, younger age groups were commonly affected. Between the above selected age groups, 20 -30 years, 40 -50 years and 50 - 60 years were mostly affected by oral reactive lesions. Among which , 20 - 30 years patients were found to be affected by a wide variety of 5 different oral reactive lesions. p value is 0.423 ( $p > 0.05$ ) showing the insignificance.

## DISCUSSION

The majority (39%) prevalence is exhibited by inflammatory fibroepithelial hyperplasia followed by 19% prevalence of angiomatous granuloma and the rest is a mixed result of reactive lesions. Oppositely there was a study which revealed that pyogenic granuloma was the most common reactive lesion found in that population which was the least prevalent oral reactive lesion in this study (37)(38). However another study suggested that focal fibrous hyperplasia is the most common lesion (39). Pyogenic granulomas was seen to be the least presented lesion in this study. In the present study, it was commonly found to be present in people aged above 60 years. A study conducted by Vilman and others stated that it was more commonly seen in the third decades of life and particularly in females (40). Poor oral hygiene may contribute to pyogenic granuloma was found out in a study (41). Vascular endothelial growth factor, connective tissue growth factor and fibroblast growth factor have triggered the rapid growth and angiogenesis of pyogenic granuloma (42)(43)(44). Another least prevalent lesion was peripheral cemento ossifying fibroma which showed a bimodal peak at 2nd and 3rd decades of life followed by a rapid decline in the peak which proves that it is age dependent and affects the younger age group often which was proven in previous studies (25). Another study conducted by Eversole and Rovin explained that loss of periodontium which occurs as a result of loss of tooth in old age supports the fact that this lesion often affects the younger age group (2).

In our study both males and females exhibited inflammatory fibroepithelial hyperplasia to be the most prevalent lesion ranging about 20% in males and 19% in females followed by angiomatous granuloma which was about 13% in females and 6% in males. A study conducted by Hamedieh et al shows contradictory results in which females were most affected with gingiva being the most common site and also a study by Effiom et al supports the evidence (45).

Peripheral giant cell granuloma was surprisingly seen to be affected only 2% of males and none of the females reported with that kind of lesion in this study. It showed a consistent pattern with other studies. Unlike other lesions, these were confined to the gingiva (46,47) (38) (48) (49)

It was shown in our study that people at a younger age group (20-30) years were more commonly affected by these oral reactive lesions. Granuloma, peripheral giant cell granuloma and pyogenic granuloma was rarely present in younger age groups. Some studies show that pyogenic granuloma, peripheral fibroma and fibrous hyperplasia were the most common lesions (50)(51) Similar studies concluded that pyogenic granuloma was the most common lesion (52).

## CONCLUSION

Within the limits of the study, it can be concluded that males are more affected by reactive lesions of the oral cavity. Other studies may show contradictory results as it may vary depending on the geographic location, age, gender, socio economic status, population reported to the Oral Pathology Department and other environmental factors. Future studies can emphasise on a wide range of population so that it may influence the outcome of the study and also with some inclusion and exclusion criterias.

## ACKNOWLEDGEMENTS

The authors would like to acknowledge the help support rendered by saveetha dental college and hospital, saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai

## FUNDING SUPPORT

The present project is funded by Saveetha Institute of Medical and Technical sciences, Saveetha Dental college and Hospitals, Saveetha University, Royal Medicals, Dindigul

## CONFLICTS OF INTEREST

The authors declare declare no potential conflict of interest

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