

## Treatment of Oral Symptoms of Malnutrition

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### Abstract

Oral symptoms of malnutrition are easy to identify and understand. A malnourished child may have rough scaling on the tongue or gums, a lack of vitality or elasticity in the skin, decreased height, or poor hair growth. Gum disease and tooth decay are common due to a malnourished diet. The health of a child and teeth is usually better as soon as he begins getting enough food. People may not realize how it affects the oral cavity when food is insufficient to eat appropriately. A malnourished person may appear very unhealthy but has no apparent oral health problems.

**Keywords:** *Oral Symptoms; Malnutrition*

### Introduction

Malnutrition is when a person's body does not get enough food to stay healthy. Some common disorders caused by malnutrition are anemia, beriberi, *E. coli*, and general weakness. Malnutrition is usually caused by poverty, poor diet, and bad living conditions. Malnourished children may have dry hair, eczema, skin lesions, cracked lips, weak nails, and sparse hair. Malnourished adults may have dry skin, eczema, and hair loss. Malnutrition can affect all age groups- infants, children, and adults. Although malnutrition affects many people, it is most common in developing countries where poverty is high [1]. Children in developing countries are at a higher risk of malnourishment because their parents cannot afford to feed them well.

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Malnutrition can cause many different oral health problems. It commonly causes cavities in teeth, gum disease, and tooth decay. Teething is the most common reason a child develops a malnutrition-related oral injury. When a baby gets his first teeth, he may experience some pretty painful symptoms as his teeth cut new pathways in his mouth [2]. These symptoms can be eased by providing an infant with extra milk protein and calcium supplements before teeth come through. After this painful stage, cavities form quickly in an infant's mouth

due to rapid growth and poor dental hygiene. Poor dental care after teeth come through also occurs due to a malnourished diet - adults rarely live through this stage without some form of dental care intervention, either alone or with medical treatment available at hand-up stations along their route to clinics or hospitals.

Knowing how malnutrition affects the oral cavity makes it easier to treat malnourished patients effectively and quickly. Seeing someone with bad oral health is never easy, but knowing what causes it makes it easier to treat those symptoms effectively. Oral health problems can be identified early by having regular dental checkups for their children and themselves [2]. Donations of food are encouraged so that people do not need to live in poverty to endanger their oral health like many do every day in the developing world, where malnutrition is high.

Untended oral maladies often become worse over time. An undernourished child may not have regular dental checkups, which allows dental problems to get worse over time. Even healthy teeth may be exposed to bacteria when an undernourished person eats or drinks. Furthermore, unhealthy oral hygiene habits - including improper tooth brushing - may allow dental problems to spread across the whole tract. It can be very disheartening since the health of the entire mouth must suffer for the lack of attention to one area.

Oral maladies may manifest in many ways, depending on the area of the body that is neglected. For instance, an undernourished foot suffers from poor nutrition much differently than an undernourished mouth- malnourishment affects all body parts equally. However, malnourished feet are much more likely to develop skin conditions such as eczema and psoriasis than malnourished mouths are. Severe malnourishment makes people more susceptible to disease in general and may even trigger latent diseases or increase the likelihood of developing them.

Fortunately, unhealthy mouths are easy to identify since they tend to have several common maladies. For instance, an underweight child will have a poor appetite, which can make him susceptible to tooth decay and gum disease. Malnourishment also makes people sleep poorly; they are likely to have dry skin, which can lead to scaly patches on their scalps and hands and cracked lips and gums due to lack of moisture. Severely malnourished children may also be screamy or wimpy since their bellies are empty and their gums are sore from a lack of food [2].

The health of one's oral tract is directly linked to one's overall nutritional health. If one wants to help someone with oral maladies, help them find a way to improve their oral health by improving their teeth and gums. That way, they can eat and feel better and take care of themselves overall.

A patient who is malnourished may have gingival inflammation. It can be caused by dental bacteria that has grown in pockets between the teeth and gum, or it may be caused by poor oral hygiene. If one is wondering how to treat oral symptoms of malnutrition, here are some tips: One of the symptoms of malnutrition is inflammation of the gums (gingivitis). A malnourished person may not be able to remove food from his or her teeth effectively, and if there is an underlying dental problem, such as an abscessed tooth, this may allow bacteria in the mouth to grow. It can lead to gum disease that causes bleeding and swollen gums [3]. Gum disease can cause bad breath and tooth loss if left untreated for too long.

Another sign of malnutrition is a body odor that becomes stronger than usual. It happens because the body begins breaking down fat for energy, which causes a buildup of ketones in the blood and tissues. These ketones are responsible for giving off a sweet aroma like fruit punch or apple cider vinegar. Malnutrition can also cause a person to have dry skin and hair. This is because fewer nutrients are available for the body to use, which causes their metabolism to slow down [3]. If a person has dry hair and skin, it may be time to consider adding more fruits and vegetables to her diet.

Acute necrotizing ulcerative gingivitis (ANUG) a non-communicable, rapidly destructive microbial disease of the gingiva that occurs when the host immune system is compromised. The abrupt onset of swelling, discomfort, and the development of “punched-out” crater-like lesions of the papillary gingiva are its defining features, Malnutrition, viral infections, stress, lack of sleep, and smoking have been reported as predisposing factors. treatment options include mouth rinses, better oral hygiene, supportive care, and, if debridement must be postponed, antibiotics [3].

It is possible that nutrition counseling can help people with oral symptoms find ways to eat more nutrient-rich foods and keep their teeth clean, although it is also essential for them to get treatment for any dental problems they may have. Nutritional counseling is a form of therapy that helps people who have lost weight or are underweight learn about how their bodies work and what they can do to get healthier [3]. If a person has an eating disorder such as anorexia nervosa, this type of counseling can be very effective in helping them recover from the disease - but it does not work as well on other illnesses such as diabetes or heart disease (which require different treatments).

Nutritional counseling is so effective at helping people with eating disorders because it teaches them how to make their bodies work more efficiently. This type of therapy aims to help people gain weight and get more nutrients in their diets without putting on more pounds than they should. The most important thing about nutritional counseling is that it works with people willing to change their behaviors. If a person is not ready to stop eating too little or too much, this therapy will not help them get better.

A person with an oral symptom of malnutrition should also visit a dentist because he or she may need a filling if he or she has tooth decay. Dental care is essential for all people, not just the malnourished. It is an essential part of overall health and can help prevent tooth decay, gum disease, and mouth infections [4]. Dental care is essential for all people, not just the malnourished. It is an essential part of overall health and can help prevent tooth decay, gum disease, and mouth infections.

If a person has an infection involving his or her gums, he or she will probably need a course of antibiotics and may need surgery to remove infected tissue that cannot be saved. The most common gum infections are caused by bacteria (such as *Streptococcus mutans*) or fungi (such as *Candida albicans*). Infection can cause pain and swelling in the gums and bleeding when you brush your teeth. It can also lead to abscesses, tooth loss, or localized inflammation around the roots of teeth where they meet the jawbone [4]. Traditionally, treatment involved surgical removal of affected tissue followed by antibiotics to prevent recurrence; however, this approach is no longer recommended because it exposes patients to unnecessary risk while providing limited benefit compared with conservative measures such as oral hygiene instruction alone.

Malnutrition can cause oral symptoms, including inflammation of gum tissue. These symptoms can be treated through dental care and nutrition counseling. Nutrition counseling helps people with oral symptoms find ways to eat more nutrient-rich foods that are high in protein and fat, so they have healthy teeth and gums as well as energy for daily activities like walking or playing sports with friends or family members who live nearby [5].

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In order to combat malnutrition, several new techniques have been developed. One of these new techniques is known as oral rehydration therapy. Oral rehydration therapy is when a person suffering from malnutrition is given a solution of water and salt. This solution is then drunk by the person suffering from malnutrition [6].

Another new technique that is being used to combat malnutrition is known as oral supplement therapy. Oral supplement therapy is a process whereby a person suffering from malnutrition is given a supplement that contains all the nutrients the person needs. This supplement is then taken by the person suffering from malnutrition.

A third new technique that is being used to combat malnutrition is known as enteral nutrition. Enteral nutrition is a process whereby a person suffering from malnutrition is given a tube that goes down their throat and into their stomach. This tube is then used to deliver nutrients directly to the person suffering from malnutrition. These new techniques are proving to be very effective in combating malnutrition.

### Conclusion

Management of the oral symptoms of malnutrition requires initially the management of the source then, checking and examination to highlight the symptoms and find out if recovering from the source will eliminate it or if it requires extra-attention.

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