

MIRACLE Academy

قال تعالى (يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ)

تفريغ OTC
زميلتكم سارة جرادات



لجان الدفعات



There are two conditions that are considered minor dermatological cases :-

herpes labialis

Fever blisters

1. Cold sores & 2. Mouth ulcers (الحمى)

Non-Prescription Drugs and Parapharmaceuticals

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Cold sores → تعريف ①, ②

viral infection Caused by: ↴

- ① Herpes labialis, also called fever blisters is caused by the herpes simplex virus (HSV). It is usually a painful, self-limiting infection of the lips, cheeks or nose or oropharyngeal mucosa (gingivostomatitis).

* العلاج منها يحتاج وقتا - ١٠ أيام

- The virus has two main subtypes. HSV type 1 is the cause of cold sores in more than 90% of cases. Rarely, infections may be caused by HSV type 2, which more commonly causes genital herpes infections.

اد Cold sores ناتج عن type 1
نادرا ما يسببه type 2
HSV →

* تتكون على الوجه أو الشفاه

* إذا كانت حول العين

أو داخل ال Oral Cavity

بحيث يحتاج إلى medical referral

Location

- Cold sores occur most often on the lips or face. Lesions inside the mouth or close to or affecting the eye need medical referral.



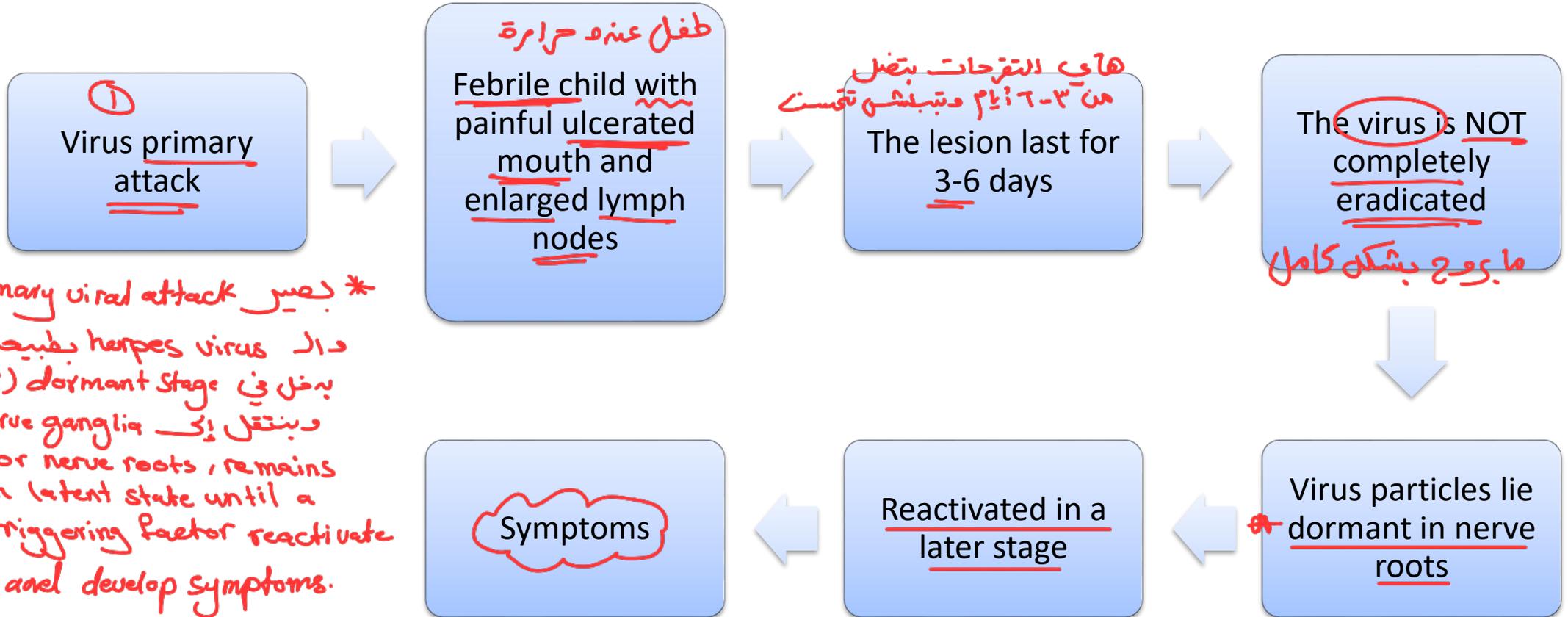
Precipitating factors

Sores can be precipitated by :

- sunlight, wind, fever (during infections such as colds and flu)
- hormonal changes such as pregnancy or menstruation
- Physical and emotional stress.

* incidence أعلى بال Female عند انصيحة تطرقنا لا

Reactivation of HSV



* *بصير primary viral attack*
دا ال herpes virus بطبيعتا
بدخل في dormant stage (خالد)
وبنتقل إلى nerve ganglia
or nerve roots, remains
in latent state until a
triggering factor reactivate
and develop symptoms.

What are the common **symptoms**? Stages 1-6 → يحتاج من 7-15 أيام أو اسبوعين

Stage 1 1 Day (Average Duration)



Tingling, itching, or burning beneath the skin (usually around the mouth or nose) may begin. The first sensation is the ideal time to begin treatment.

Stage 2 1-2 Days



Small red bumps begin to blister.

Stage 3 1-3 Days



هاي ال bumps
بتبلش
Filled with
Fluid

The blisters fill with fluid, forming a full-scale cold sore.

Stage 4 1-3 Days



قشرة جفراء

Blisters rupture, leaving shallow, reddish wounds. This is when cold sores are most contagious and painful.

إذا اذفتعت الـائل يك بلوغها
تكون highly contagious
* معدية ومؤلمة

Stage 5 4-14 Days



The lesion collapses, leaving a yellowish crust. The crust falls away, leaving a red, tender area.

Stage 6 4-14 Days



الاعراض والتصبغ يروح بسى يبلش انجهاز المناعى يرجع للمرحلة الخاملة ✓

Redness and irritation fade as your immune system returns the cold sore to a dormant state.

What you need to know - Age

cold sores are most commonly seen in ^{*}adolescents and ^{*}young adults.

✓
The incidence of cold sores is slightly higher in women than in men.

* بستكر رعدة البالغين من التجوار جعل مع تقدم العمر.

Recurrent cold sores occur in up to 25% of all adults and the frequency declines with age

* لعلايجي مريض به ناساأل عن عمره لانه اذا كان
elderly , young or infant بناخذها بعين الاعتبار لانه
مكننا انه Common
Adolescent → young adult



* علاج Acyclovir بعد وقت اكثر فعالية
اذا بدأ بشكل مبكر

What you need to know/Duration

- The duration of the symptoms is important as treatment with aciclovir (acyclovir) is of most value if started early in the course of the infection .
- Usually the infection is resolved within 1-2 weeks.
- Any lesions that have persisted longer need medical referral.

لأنه في بعض الحالات
استمرت أكثر من
أسبوعين يحتاج



When to refer?

1. Babies and young children < 2 years
2. Failure of an established sore to resolve
3. Severe or worsening sore
4. History of frequent cold sores
5. Sore lasting longer than 2 weeks
6. Painless sore
7. Eye affected
8. Uncertain diagnosis
9. Immunocompromised patient →
10. Pregnancy

جهازه المناعي ضعيف عند Cancer
أو بياخذ Corticosteroid لعلاج ال leukemia وغيره

Treatment

خمسة مرات لخمسة أيام إذا ما تم شفاؤ
دوية بجمدة كعانت خمسة أيام إذا
ما نتائج بعثت في اى
medical refer

* Topical
= ميزة يستعمل خمسة مرات باليوم

- **Aciclovir** is antiviral that reduce time to healing. Cream can be used by adults and children and should be applied approximately five times a day to the affected area for 5 days.
- If healing is not complete, treatment can be continued for up to 5 more days, after which medical advice should be sought if the cold sore has not resolved.



Treatment

- Patients with ^{① medical refer} (severe infection), or who are ^② immunocompromised, are usually prescribed oral antiviral therapy by a doctor

Some patients who get frequent, severe cold sores either take oral antivirals long term (prophylaxis) or are given a supply to ^② start at the onset of symptoms ^①

Analgesia and bland creams

• Paracetamol or ibuprofen may help with discomfort and pain.

• Local anesthetics (e.g. benzocaine) decrease pain.

• Keeping the cold sore moist (e.g. with lip balm or white soft paraffin) will prevent drying and cracking, which can predispose to secondary bacterial infection.

• If a secondary infection develops, bacitracin in antibiotic ointments should be recommended. If necessary, the patient should consult a physician for a systemic antibiotic prescription.

صوت عند دردناك ← Painful فستق ←

إذا ما نشفت راح تحفز الإصابة بعدد بكتيريا ثانوية ← مرطبا شفاه → إذا جلتها، طيبة

يستخدم في حال العدوى الثانوية

Complementary therapies

مسكنات الألم النعنع

- Balm mint extract and tea tree oil applied topically may have an effect on pain, dryness and itching.



متعدية؟

IS IT CONTAGIOUS? ✓✓

حكينا قبل أنه يتكون ال blisters مليانة بالفيروس اذا انفقت بتكون معدية

- In both the initial and subsequent outbreaks, the blisters and ulcers of herpes simplex are filled with virus and are highly contagious until they heal.

اذا لمستها ولمست أي شخص ثاني أو أي مكان في جسمك راح تكون معدية.

- Touching a cold sore and then touching other places on your body, or another person, can cause the virus to spread.



- To prevent spreading the virus, a person with an orofacial lesion should wash their hands frequently especially after contact with the sore

حتى تمنع إنتشار
الفيروس لازم الكف
أي يديه أو غما يغسل
إيديه بكل متكرر خاصة
بعد لمستها.

HINTS AND TIPS BOX 8.10: COLD SORES

نتيجة عن الشمس
Sun-induced cold sores

For patients in whom the sun triggers cold sores, a sun block would be the most effective prophylactic measure.

ياي بصير عندهم من الشمس وامي الشمس اكل الاكثر فعالية .

Applying products

Patients should be encouraged to use a separate towel and wash their hands after applying products because viral particles are shed from the cold sore and can be transferred to others.

منشأ منفرد

تقليل انتقال العدوى
Decrease transmission

Risk of transmission is highest during the first 1-4 days of symptoms, and people should be advised not to kiss others.

تكون خطر انتقال العدوى عالي خلال 1-4

و ينصح بعدم تقبيل الآخرين .

Practical points- Preventing cross infection

يغسلوا أيديهم بعد ما يهلبقوا العلاج

① – Tell patients to wash their hands after applying treatment to the cold sore.

النساء ما تقف وكياج عيون

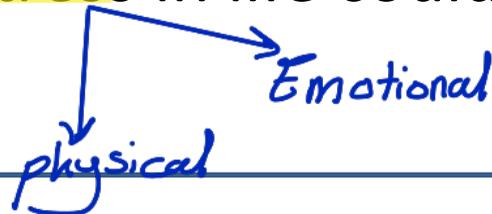
② – Women should be careful in applying eye makeup when they have a cold sore to prevent infection affecting the eye.

③ – It is sensible not to share towels, toothbrushes until the cold sore has cleared up.

ما يشا، ركوا مناشغهم وف امرا استانهم

④ – Sunscreen creams (SPF 15 or above) applied to and around the lips when patients are subject to increased sun exposure.

⑤ – Sources of stress in life could be looked at to see if changes are possible



(الحمى)

Mouth ulcer



Mouth Ulcer

* واحد من كل خمسة عنده
ويكون ان يكون متكرر

- **Aphthous Stomatitis (mouth ulcer)** is extremely **common problem** affecting as many as **one in five** of the **population**, and can be **recurrent**.

- They are **classified** as ^① **aphthous (minor or major)** or ^② **herpetiform ulcers**.

تكون مزعجة ومؤلمة عند
الأكل والشرب لكنها غير خطيرة

- Although **mouth ulcers** can be uncomfortable, especially when you eat, drink or brush your teeth, they are harmless.

Most cases are minor aphthous ulcers, which are **self-limiting**.



خلل في طبقة الظاهر
epithelium

- Defect in the epithelium or loss in continuity of epithelium is called as ulcer. أبقراط أول من أطلق هذا المصطلح
- The term “aphthous” was first coined by Hippocrates as far back as 460–370 BC in reference to disorders of the mouth.
- In general usage, the word “aphthae” refers to the presence of an otherwise undefined ulcer.

الأسباب :-

Causes

الحصا أثناء المضغ أو التحدث

① • Infection, ② trauma (biting during chewing or talking)...the leading cause of trauma,

③ • Drug allergy, food allergy

• Deficiency of ④ iron, zinc, vitamin B12.

هنا تكون كعزها لوجودها مثل السرطان

• However, occasionally mouth ulcers appear as a symptom of serious disease such as carcinoma.

• The pharmacist should be aware of the signs and characteristics that indicate more serious conditions.

بإي إي بيوت حاجة

بكي medical refer

What you need to know

1 Age

- Minor ulcers are more common in women and occur most often between the ages of (10 and 40 years.)

2 Nature of the ulcers

بالعادة يتكون white من edge احمر

A. minor ulcers the lesions may be up to 5 mm in diameter and appear as a white or yellowish centre with an inflamed red outer edge.

- Common sites are the tongue margin and inside the lips and cheeks. The ulcers tend to last from 5 to 14 days

B. Major ulcers are **uncommon**, **severe variants** of the **minor ones**.

The ulcers which may be as large as **30 mm** in diameter can occur in **crops of up to 10**.

Sites involved are the ¹lips, ²cheeks, ³tongue, ⁴pharynx and ⁵palate.
ستف اللسان

They are more **common in sufferers of ulcerative colitis**.

زيب راس الدبوس (صغيرة)

C. Herpetiform ulcers are more **numerous**, **smaller** and, may affect the **floor of the mouth** and the **gums**.

These ulcers are called '**herpetiform**' because the clinical appearance suggests a **viral cause**, but they are **not caused by viral infection**.

Healing **generally occurs 1-2 weeks**

most common
Minor

Major

Herpetiform

Prevalence

affects 80 % Of the patients

10-12% of patients

8-10% of patients

Size

2-10mm
5mm

>10mm
أكبرها 30mm

رأس الدبوس
Pinhead size

Duration

أقصى مدة
5-7 day

> 14 days

10-14 days

Shape

Round or oval

Round or oval

Round or oval may form irregular shape as they enlarge

They are the same

Pain

Usually not very painful

Prolonged and painful ulceration

✓ Eating is difficult

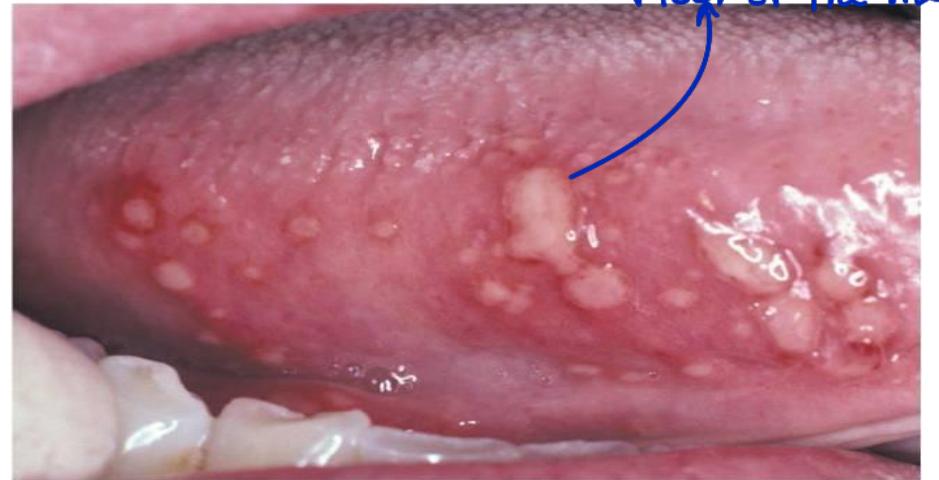
✓ May be very painful



Major Ulcer



Minor Ulcer



Herpetiform Ulcer



Table 7.2

Specific questions to ask the patient: Mouth ulcers

minor ← Small, Single

* حكيما قبل ال
* ال large ال
* medical refer
* numerous
* بتكون herpiform

Question	Relevance
Number of ulcers	Minor aphthous ulcers (MAUs) occur singly or in small crops. A single large ulcerated area is more indicative of pathology outside the remit of the community pharmacist. Patients with numerous ulcers are more likely to be suffering from major or herpetiform ulcers rather than MAUs.
Location of ulcers	Ulcers on the side of the cheeks, tongue and inside of the lips are likely to be MAUs. Ulcers located towards the back of the mouth are more consistent with major or herpetiform ulcers.
Size and shape	Irregular-shaped ulcers tend to be caused by trauma. If trauma is not the cause, referral is necessary to exclude sinister pathology. If ulcers are large or very small, they are unlikely to be caused by MAUs.
Painless ulcers	Any patient presenting with a painless ulcer in the oral cavity must be referred. This can indicate sinister pathology such as leukoplakia or carcinoma.
Age	MAUs in young children (<10 years) are not common, and other causes such as primary infection with herpes simplex should be considered.

minor Aphthous ulcers

عین شائقة عند الأطفال أقل
منه عشر سنوات .

* إذا كان أقل من عشر سنوات . حاجة medical refer

- **When to refer the patient?**

Encourage the patient to see a primary care provider if any of the following occur:

1. Symptoms do not improve after 7 days of treatment with oral debriding or wound-cleansing agents.
2. The lesions do not heal in 14 days.
3. Symptoms worsen during self-treatment.
4. Symptoms of systemic infection, such as fever, rash, or swelling develop.

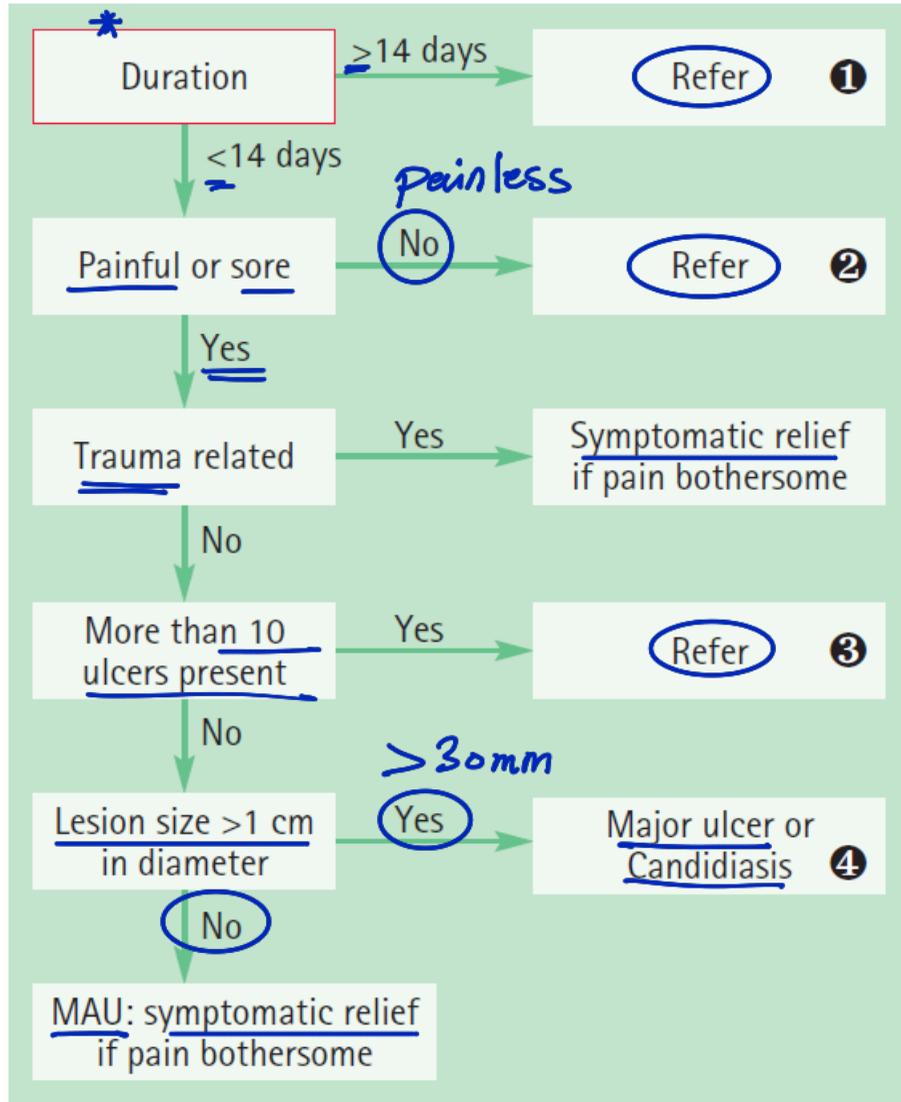


Fig. 7.6 Primer for differential diagnosis of mouth ulcers.

- ❶ Minor aphthous ulcers. (MAUs) normally resolve in 7 to 14 days. Ulcers that fail to heal within this time need referral to exclude other causes.
- ❷ Painless ulcers. These can indicate sinister pathology, especially if the patient is older than 50 years. In addition, it is likely that the ulcer will have been present for some time before the patient presented to the pharmacy.
- ❸ Numerous ulcers. Crops of 5 to 10 or more ulcers are rare in MAUs. Referral is necessary to determine the cause.
- ❹ Major ulcer or candidiasis. See Fig. 7.9 for a primer on the differential diagnosis of oral thrush.

تعامان ادا ال يول < age
 بجا ال Refer

The goals of treatment

- to provide relief from pain.
- hasten the healing of ulcers.
- decrease the frequency and severity of episodes.

Non-pharmacologic therapy

1. If a deficiency of iron, folate, or vitamin B12 is diagnosed as a contributing factor, increase consumption of foods high in these nutrients, or take nutritional supplements. إذا كانت عنده نقص حديد، فوليك أو B12 -> كازم
زيادة تناول الأطعمة الغنية بها
الخصائص
2. Avoid spicy or acidic foods until the lesions heal. * يتجنب الأطعمة الحارة و الحامضة
فالحارة والمشروبات
الحامضة مرفوضة.
3. Avoid sharp foods that may cause increased trauma to the lesion.
4. Apply ice directly to the lesions in 10 minute increments but not longer than 20 minutes in a given hour. * يحيط الثلج عليها ولكن مشغ أكثر من 20 دقيقة كل ساعة
5. do not drink very hot or acidic drinks, such as fruit juice

Treatment

include :

- 1 Antiseptics
- 2 Corticosteroids
- 3 Local anaesthetics

* Antiseptic

Chlorhexidine gluconate mouthwash:

reduces duration and severity of ulceration.

Chlorhexidine helps to prevent secondary bacterial infection

but it does not prevent recurrence.

متغير بنكهة النعنع

① Chlorhexidine

- It has a **bitter taste** and is available in **peppermint** as well as **standard flavour**.

* الاستخدام المنتظم بخلي الأسنان لعونها بني وصاد تأيش لا يمكن إعادته!!

- **Regular use** can **stain teeth brown** – an effect that is not usually **permanent**.

* يفرش أسنانه قبل ← لأنه يتفاعل مع ال plaque وبقايا الأكل وصيد
تخفف منه التصبغ

- Advising the **patient to brush the teeth before using the mouthwash can reduce staining**.

- The mouth should then be **well rinsed with water** as **chlorhexidine** can be **inactivated by some toothpaste ingredients**.

كحماة عكفا يصيب عينا ضال (inactive)
بسبب بعض مكونات معاجين الأسنان

- The **mouthwash** should be **used twice a day**, **rinsing 10 mL** in the mouth **for 1 min** and **continued for 48 h** after symptoms have gone.

* يستخدم مرتين باليوم
بمعدل 10ml لمدة دقيقة
ويستمر عليه 48 h بعد ما تختفي الأعراض.

② Local anaesthetics

- e.g. lidocaine (lignocaine) and benzocaine

Local anaesthetic gels are often requested by patients. Although they are effective in producing temporary pain relief, maintenance of gels and liquids in contact with the ulcer surface is difficult.

- Reapplication of the preparation may be done when necessary. Any preparation containing a local anaesthetic becomes difficult to use when the lesions are located in inaccessible parts of the mouth

صعب استخدامه إذا كانت في أماكن لا يمكن الوصول إليها من الغم.



غالباً المرضى يطلبون رطل مع أنها
بتسكن الألم بشكل مؤقت
والحفاظ على الرطل في مكانه
صعب

Topical corticosteroids:

Hydrocortisone and triamcinolone act locally on the ulcer to reduce inflammation and pain and to shorten healing time.

The former is used as pellets, the latter as a protective paste. To exert its effect a pellet must be held in close proximity to the ulcer until dissolved. This can be difficult when the ulcer is in an inaccessible spot. One pellet is used four times a day.

The pharmacist should explain that the pellets should not be sucked, but dissolved in contact with the ulcer.

مسحه موجودين بالازدق حبيبات

ال pellet توضع بقرب ulcer حتى تذوب صعب احتماها في أماكن لا يمكن الوصول لها * تستخدم أربع مرات باليوم.

* لا لزوم يمتصها لازم تذوب عند ملامسة ulcer

موجود بالصيدليات

Hyaluronic acid

① ينشط تجديد الخلايا

② بانء على جيرة الخلايا الليفيية وتكوين ال Fibrin

- It **activates tissue regeneration** and **influences the migration of fibroblasts and fibrinogenesis**, thus making the healing of tissue easier. It performs **3 synergistic effects**: **anti-inflammatory**, **accelerates the healing process** and **provides a protective barrier**.

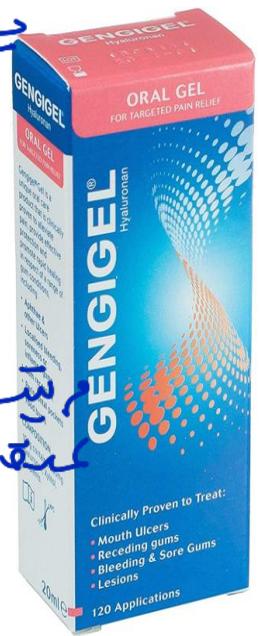
يسرع الشفاء

يوفر حاجز وقائي

- **Adults and children 3 years and older** → **2 to 3 times a day after meals, for 3 to 4 weeks** **continuing until all symptoms have disappeared**

بين ابي قلاش
كله للاح اسبوع

- **Do not eat, drink or rinse for 30 minutes**



أبي treatment
بنسبة 0.2%
ال Chlorhexidine

Control of secondary infection

①, ② غير ضروري لکن ایک حد تک mild to moderate اس کے ساتھ ساتھ یہ

- Although **topical antimicrobial therapy** is generally **not warranted** in the **routine management of patients with mild to moderate AS**, it may be helpful for **some patients with extensive oral ulceration**, especially if they **are using topical or oral immunosuppressive agents**.

antifungal
antibacterial

- In this setting, **topical therapies** that are **used to control overgrowth** of **Candida** or **bacteria**.

Fungal infection