

The Geographic Tongue: Characteristics, Causes, and Management

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Description

Geographic tongue is a disorder that affects the tongue's surface and is characterized by irregular patches that resemble maps. In medicine, this condition is known to be mild migratory glossitis. As a period, these patches can alter in size, shape, and placement; they frequently migrate over the tongue, thus the term "Geographic." Due to its variable behaviour and unique look, geographic tongue can be uncomfortable and cause issues, even though it is generally harmless and does not consider as a severe health risk. Although the exact cause of geographic tongue is still unknown, several factors are thought to have a role in its development. Considering that the illness often runs in families, genetics play an important role. People are more likely to develop a geographic tongue if there is a family history of the condition. Hormonal changes, such as those that happen during pregnancy or adolescence, can potentially cause the illness or make it severe. Additionally, among those at increased risk, the initial development or severity of geographic tongue may be affected by specific surroundings and habits such as smoking, spicy meals, and stress.

Individuals with geographic tongue may experience very different symptoms. While some people may not have any symptoms at all, others may feel sensitive or uncomfortable, especially after consuming particular foods or drinks. The tongue is characterized by smooth, uneven crimson spots that border it in white and can vary in size and shape as it ages. The tongue may have irregular areas that occur and disappear, giving it a short and continually shifting appearance. A dentist or other healthcare professional will usually perform a visual examination to diagnose the geographic tongue. Typically, diagnosis is made based just on the characteristic look of uneven patches on the tongue's surface. In certain cases, especially if the patches are constant, have a unique appearance, or are accompanied by other symptoms, additional diagnostic testing or biopsies may be performed to figure out other possible illnesses. In general, the geographic tongue does not require treatment unless it is uncomfortable or negatively impacts a person's quality of life. The majority of geographic tongue situations have no symptoms and go disappear on their own without treatment. However, avoiding recognized factors like hot or acidic meals may be beneficial for people exhibiting symptoms like discomfort or sensitivity. Continuously practicing good dental hygiene, such

as brushing and flossing regularly, can help reduce discomfort and lower the chance of problems.

When a patient experiences severe discomfort from geographic tongue or finds it difficult to carry out daily tasks like eating or speaking, medical professionals could provide oral drugs or topical therapies. The primary objectives of these treatments are to manage symptoms and reduce inflammation, though individual results may differ in the way they work. Geographic tongue sufferers are advised to work closely with their medical professionals to identify the best course of action for them based on their unique symptoms and medical history.

Even though the geographic tongue is usually thought to be an uncommon illness, there are situations in which it is linked to systemic conditions or other oral health problems. For example, some people with geographic tongue may need to adjust their diet because they are sensitive to particular foods or drinks. Rarely, eczema or lichen planus can occur together with geographic tongue still, an exact connection between these two inflammatory disorders is still unknown. Keeping control of the geographic tongue often requires constant observation and knowledge of possible triggers or alterations in symptoms. Frequent dental check-ups are necessary to address any concerns that may occur and to monitor any changes in the tongue's look or symptoms. The problem can typically be easily managed and discomfort reduced by those who have geographic tongue by practicing proper dental hygiene and avoiding identified causes.

Conclusion

In conclusion, uneven patches on the tongue's surface are a sign of the common and mostly normal disorder known as geographic tongue. Genetic factors, hormonal changes, and environmental stimuli are thought to have a role in its development, while the specific reason is yet unknown. The majority of geographic tongue cases resolve better on their own with time and do not require medical intervention. However, those who are feeling pain or sensitivity should consult a medical professional for advice on the best ways to manage their symptoms. Geographic tongue can be properly managed to reduce symptoms and promote dental health with the right attention and knowledge.