

# **THE TONGUE AS A CLINICAL INDICATOR FOR DERMATOLOGICAL AND NON DERMATOLOGICAL DISEASES**

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قال الله عز و جل

بسم الله الرحمن الرحيم

﴿ قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا  
عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ ﴾

صدق الله العظيم

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# **Dedication**

*This work is dedicated to my great father, my mother and rest of my family who stood beside me through my entire life and gave me all the support.*

*Dear parents nothing deserves to be back for your great deed.*

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## ***Abstract***

The tongue is a fleshy highly mobile mass of muscular tissue attached to the floor of the mouth and covered with mucous membrane. Some lesions that appear on the tongue in the form of vesicles, spots, discoloration, erosions, fissures and others may indicate presence of dermatological diseases such as herpes simplex infection, lichen planus, psoriasis, dermatomyositis and others or may hide behind them, some of systemic diseases such as inflammatory bowel diseases, anemia, diabetes mellitus, allergy. So, careful examination of the tongue and also the entire buccal cavity with respect to the possible differential diagnoses of the existent lesion will help in accurate diagnosis of the condition giving rise to early and successful treatment helped by other methods of diagnosis such as histological examination, direct & indirect immunofluorescence and tumor markers.

### **Key words:**

Tongue , erosions , ulcers , vesicles , swelling , redness , papillar hypertrophy , glossitis , macroglossia , fissuring.

## *List of content*

	Page
Introduction	۱
Chapter 1: Anatomy and Physiology of the tongue	۳
Chapter 2 : Microbial infections	۱۹
Chapter 3 : Gastrointestinal , hepatic and nutritional deficiency diseases	۲۹
Chapter 4 : Hematological and vasculitic diseases	۳۵
Chapter 5: Tumors affecting the tongue	۴۶
Chapter 6 :Connective tissue disorders	۶۰
Chapter 7: Endocrinal and metabolic disorders	۶۴
Chapter 8: Hypersensitivity reactions	۷۳
Chapter 9 : Vesiculobullous disorders	۸۱
Chapter 10 : Miscellaneous dermatoses	۸۸
Epilogue	۹۹
Algorithm	۱۰۸
Summary	۱۰۹
References	۱۱۰
Arabic summary	۱۳۴

## *List of figures*

	Page
Fig 1 : Tongue extrinsic muscles	๐
Fig . 2 : Tongue intrinsic muscles	๖
Fig. 3 : Mucous membrane of the tongue	๗
Fig . 4: Papillae of the tongue	๘
Fig . 5: Motor innervation of the tongue	๑
Fig. 6 : Embryology of the tongue	๑๑
Fig . 7 : Tongue herpes simplex	๒๐
Fig . 8 : Tongue herpes zoster	๒๑
Fig . 9 : Oral hairy leukoplakia	๒๒
Fig . 10 : Warts of the tongue	๒๔
Fig . 11 : Hand – foot – mouth disease	๒๐
Fig . 12 : White strawberry tongue	๒๗ b
Fig . 13: Red strawberry tongue	27 b
Fig . 14 : Oral candidiasis	๒๘
Fig .15 : Orofacial granulomatosis of Crohn's disease	๓๐
Fig .16 : Tongue in ulcerative colitis	๓๑
Fig . 17 : Tongue in hepatocellular disease	๓๒
Fig . 18 : Atrophic glossitis of vit B12 deficiency	๓๓
Fig .19 : Glossitis of scorbutic tongue	๓๔
Fig .20 : Tongue in iron deficiency anemia	๓๖
Fig . 21 : Tongue in pernicious anemia	๓๗
Fig .22 : Tongue infection after chemotherapeutic treatment of acute myelogenous leukemia	๓๑
Fig .23 : Tongue amyloidosis in a case of multiple myeloma	๔๐
Fig . 24 : Strawberry tongue of Kawazaki disease	๔๒
Fig . 25 : Tongue ulcer in a case of Wegener granulomatosis	๔๓

Fig . 26 : Tongue ulceration of Behcet's disease	୧୧
Fig .27 : Cavernous hemangioma of the tongue	୧୪
Fig . 28 : Pyogenic granuloma of the dorsal tongue	୧୮
Fig .29 : Lymphangioma of the tongue	୧୯
Fig .30 : Fibroma of the tongue	୫୧
Fig .31 : Granular cell tumor of the tongue	୫୩
Fig .32 : Leukoplakia of the tongue	୫୫
Fig .33 : Squamous cell carcinoma of the tongue	୫୪
Fig .34 : Effect of Sjögren's syndrome on the tongue	୬୨
Fig .35 : Coated tongue	୬୮
Fig .36 : Lingual thyroid	୬୮
Fig . 37 : Macroglossia in a case of acromegaly	୬୯
Fig .38 : Primary tongue amyloidosis	୪୦
Fig .39 : Xanthoma of the tongue	୪୨
Fig .40 : Angioedema of the tongue	୪୧
Fig .41 : Oral erythema multiforme	୪୫
Fig .42 : Stevens – Johnson syndrome	୪୬
Fig . 43 : Fixed drug eruption of the tongue	୪୯
Fig .44 : Chronic graft versus host disease of the tongue	୮୦
Fig . 45 : Pemphigus vulgaris of the tongue	୮୨
Fig .46 : Bullous pemphigoid of the tongue	୮୩
Fig .47 : Lichen planus of the tongue	୯୧
Fig .48 : Psoriasis of the tongue	୯୧
Fig .49 : Fissured tongue	୯୧
Fig .50 : Geographic tongue	୯୧
Fig .51 : Recurrent aphthous stomatitis on the tongue	୯୬
Fig .52 : Hairy tongue	୯୪



## *List of tables*

	Pages
Table 1: Clinical features of oral lichen planus	୧୦
Table 2: Main points of chapter 2	୧୧
Table3: Main points of chapter 3	୧୦୦
Table4 : Main points of chapter 4	୧୦୧
Table 5 : Main points of chapter 5	୧୦୨
Table 6 : Main points of chapter 6	୧୦୩
Table 7 : Main points of chapter 7	୧୦୪
Table 8 : Main points of chapter 8	୧୦୦
Table 9 : Main points of chapter 9	୧୦୬
Table 10 : Main points of chapter 10	୧୦୭

## *List of abbreviations*

AN	Acanthosis nigricans
BMG	Benign migratory glossitis
BMT	Bone marrow transplantation
BP	Bullous pemphigoid
cGVHD	Chronic graft versus host disease
CMV	Cytomegalovirus
DH	Dermatitis herpetiformis
DLE	Discoid lupus erythematosus
DM	Dermatomyositis or Diabetes mellitus
DNA	Deoxyribonucleic acid
EB	Epidermolysis bullosa
EBA	Epidermolysis bullosa acquisita
EBV	Epstein – Barr virus
EM	Erythema multiforme
FDE	Fixed drug eruption
FT	Fissured tongue
GCT	Granular cell tumor
GVHD	Graft versus host disease
HIV	Human immunodeficiency virus
HL	Hairy leukoplakia
HPV	Human papilloma virus
HSV	Herpes simplex virus
IgA	Immunoglobulin A
KCl	Potassium chloride
LABD	Linear Immunoglobulin A bullous disease
MAN	Malignancy – associated acanthosis nigricans

MMP	Mucous membrane pemphigoid
NaCl	Sodium chloride
OFM	Oral focal mucinosis
RMS	Rhabdomyosarcoma
SAM	Stomatitis areata migrans
SJS	Stevens – Johnson syndrome
SLE	Systemic lupus erythematosus
SS	Sjögren syndrome
TAS2RS	Taste receptors type 2
TEN	Toxic epidermal necrolysis
VX	Verruciform xanthoma
VZV	Varicella – zoster virus

## ***Introduction***

The tongue is a fleshy highly mobile organ consisting mainly of muscles (extrinsic & intrinsic) that allow it to move in nearly every direction. It is highly innervated and supplied by blood vessels.

Its main functions are taste sensation, helping in swallowing and helping in speech.

Many microbial infections may affect the tongue together with the skin including herpes simplex, varicella, herpes zoster, cytomegalovirus, tuberculosis and syphilis.

The tongue is involved in inflammatory bowel diseases, celiac disease, chronic liver diseases and some nutritional deficiency diseases leading to glossitis , glossodynia , glazed tongue and other manifestations.

Some blood and vascular disorders cause different lesions on the tongue. These disorders include anemia, leukemia, multiple myeloma and others.

Multiple tumors may affect the tongue itself as primary tumors e.g. squamous cell carcinoma of the tongue, rhabdomyoma , hemangioma , fibroma .....etc or the tongue may be affected by metastases.

Some connective tissue disorders may affect the tongue as lupus erythematosus, Sjögren syndrome, dermatomyositis and scleroderma leading to different lesions.

Some lesions of the tongue may hide a systemic endocrinal or metabolic disease especially diabetes mellitus that affects the tongue morphologically and functionally leading to decreased salivary production , taste alterations , burning mouth syndrome , greater tendency to buccal infections and coated tongue. Other endocrinal disorders that affect the tongue include thyroid disorders, acromegally and hypoadrenocorticism.

The tongue is one of the organs that show manifestations of hypersensitivity reactions in several forms including angioedema, erythema multiforme, fixed drug eruption , graft versus host disease and others.

The tongue being a part of the oral mucous membrane is affected by many vesiculobullous disorders leading to erosions, ulcers or scarring in some cases.

Other miscellaneous disorders may affect the tongue directly or indirectly leading to various changes in shape & function.

### ***Aim of the work***

The aim of this essay is to revise what may affect the tongue, and the diseases that may be indicated by different tongue lesions whether dermatological or systemic.

# Chapter 1

## Anatomy and Physiology of the tongue

## **Definition of the tongue :**

A fleshy highly mobile mass of muscular tissue attached to the floor of the mouth and covered with mucous membrane .It is the chief organ of taste and aids in mastication, swallowing and speech (**Vidiri et al., 2007**). Its average length from the oropharynx to the tip is 10 cm (**Suzuki, 2007**).

## **Muscles of the tongue :**

The tongue is able to move in nearly every direction, expand, compress and display a fine degree of articulation. Such muscular control allows us to manipulate our food and speech.

The organ's ability to transform into a variety of shapes comes from its composition of skeletal muscles interspersed with fat.

The tongue and its muscles are bilaterally symmetrical: a **median septum** divides the organ into two halves. The tongue is made up of two types of muscles: extrinsic and intrinsic.

Extrinsic muscles originate from elsewhere in the body and attach to the tongue. They connect with surrounding bones and help the organ move up and down, from side to side and in and out.

The tongue's extrinsic muscles all end in " glossus " which , unsurprisingly , means " tongue ". They include genioglossus, styloglossus, palatoglossus and hyoglossus muscles.

The **genioglossus** originates from the mental spine of the mandible and is inserted into the hyoid bone and the dorsum of the tongue. It depresses the tongue and thrusts it out.

The **styloglossus** originates from the anterior and lateral surfaces of the styloid process near its apex and from the stylomandibular ligament and is inserted into the side and the undersurface of the tongue. It raises and withdraws the tongue.

The **palatoglossus** originates from the undersurface of soft palate and is inserted into the side of the tongue. It raises its back.