

## Oral submucous fibrosis and iron deficiency anemia: A clinical study

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### Abstract

**Background:** Oral submucous fibrosis (OSMF) is a potentially malignant disorder and crippling condition of oral mucosa. It is a well-recognized chronic insidious disease, precancerous condition, autoimmune and collagen related disorder which is multifactorial in origin associated with betel quid chewing characterized by progressive hyalinization of the lamina propria. It causes Significant hematological abnormalities resulting in anemia and a decrease in serum iron levels. **Methods:** Forty-five patients clinically diagnosed with OSMF and confirmed histopathologically without any other systemic disease constituted the study group. 45 age and sex matched healthy subjects constituted the control group. Hemoglobin and serum iron levels were estimated by Sahli's and Ferrene methods respectively. **Results:** The OSMF group showed significantly lower levels of hemoglobin and serum iron in comparison with the healthy control group. The above results establish the fact that serum iron level is an important marker for OSMF and the levels of which could be used to predict the prognosis and progression of the condition to malignancy with greater accuracy. **Conclusion:** The finding of the present study focusses on the assessment of hemoglobin and serum iron for patients with oral submucous fibrosis. Also iron therapy should be instituted concomitantly with the initial diagnosis which helps to cease the further progression of the condition. Further extensive studies are indicated to understand the correlation between Oral submucous fibrosis and iron deficiency anemia.