

Case Report

Linea Alba Buccalis a Normal Anatomic Variation of Oral Cavity, Not an Oral Cancer, Awareness among Patients and Professionals: A Case Report

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Abstract: Linea Alba is a common anatomic variation of the oral cavity. It is present at the level of occlusal line on the both side of the buccal mucosa. It is benign hardening of the mucosa inside of the mouth due to excess keratin deposition. A male patient 22 yrs. old came to the Dept. of Dentistry with complains of elevated white patches on the buccal mucosa of oral cavity. Patients was under treatment elsewhere for the same for many months in general medicine and then cancer Dept. etc. patient was frightened and cancer- phobic.

Keywords: Linea Albabuccalis, white raised patch, normal anatomic variation and awareness

INTRODUCTION

Linea Alba is a common anatomic variation of the oral cavity [1]. It is present at the level of occlusal line on the both side of the buccal mucosa. It is benign hardening of the mucosa inside of the mouth due to excess keratin deposition. It is more frequently seen in adults than in children [2]. Adults experience linea Alba more frequently than children. Moreover, cheek biting is far more prevalent in women than in men. So women are more likely to develop the condition from biting behaviors. Thirteen percent of young men in a limited study had the condition, and so it's likely that the percentage of women who have linea Alba is much higher than that percentage.

CASE REPORT

A male patient 22 yrs. old came to the Dept. of Dentistry with complains of elevated white patches on the buccal mucosa of oral cavity. Patients was under treatment elsewhere for the same for many months in general medicine and then cancer Dept. etc. patient was frightened and cancer- phobic. On examination it reveals it was nothing but normal linea Albabuccalis with no sign and symptoms and ulceration. All the medicines and investigation viz, biopsy etc. was requested to drop. The patients were given preventive advice. There are many cases reported in the opd, above one case is mentioned to highlight the poor awareness among patients and Professionals.



Fig-1: White line along the line of occlusion



Fig-2: white line along the buccal mucosa

DISCUSSION

This case only highlights the failure to diagnose the case. This is common presentation of patient's where most of the time doctor confuses with some kind of pathology which is not so. My aim is to presents this case report to increase the awareness among specialists and patients. In case of confusion the treating cases must be sent to oral physician for final diagnosis. Patient's presents with painless elevation on the buccal mucosa .Main reason for the patient reports to the opd is the fear of cancer. Patients with linea Alba experience no symptoms except for the appearance of a raised white line along the inside of the cheeks. When the oral mucosa is repeatedly aggravated, it develops a layer of keratin, which is what appears as a white line. Chewing on the insides of the cheeks can cause linea Alba, but has other possible reasons. They are frictions of the dentures, orthodontic appliances, uneven teeth and aggressive oral hygiene each can lead to the condition.

DIAGNOSIS,TREATMENT AND AWARENESS

After diagnosing linea Alba, a dentist or oral pathologist will likely advise the patient to remove the irritant or irritants that cause the condition [1, 2]. Examples include the cessation of habits, such as cheek biting and aggressive oral hygiene, or adjustment of orthodontic elements, including uneven teeth, dentures and other appliances. The patient might even seek counseling to help manage habits that cause or exacerbate linea Alba. The dentist or oral pathologist probably will schedule a follow-up appointment to determine whether or not the condition improved.

REFERENCES

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