

Sialolithiasis: Insights into a Rare Salivary Gland Disorder

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Description

The occurrence of calculi in the salivary glands or ducts is referred to as sialolithiasis. Due to the saliva's high calcium content, stones will develop in the salivary gland or ducts as a result of saliva stagnation. These stones are primarily made of calcium phosphate and hydroxyapatite. With a frequency of only 2–6 cases per 100,000 people per year, the illness is rare. While the majority of cases are asymptomatic, some may exhibit face pain and/or puffiness. Due to the lengthy architecture of this duct and the flow of saliva against gravity, sialolithiasis affects the submandibular gland most frequently (around 80%–90%). In addition, the submandibular gland's salivary secretions are more mucoid in nature than the parotid gland, which raises the possibility of sialolithiasis.

Etiology of Sialolithiasis

Due to the very low incidence of the condition, which makes substantial studies challenging, the etiology of salivary stone development is still unclear, and research into etiologic factors is still mostly limited. There are two main categories of factors that are thought to influence salivary stone development: anatomical, which affects saliva generation or flow, and compositional, which includes increased calcium content or changed enzyme performance. No association was found between the regional distribution of hard water and the occurrence of salivary calculi, according to research looking at the relationship between the two.

Symptoms of Sialolithiasis

When salivary stones develop, they typically don't show any symptoms until the salivary duct is stopped and it's too late. At this point, we might experience gradual onset soreness in our lower jaw, inner cheeks, or throat. This is especially true after meals. The most typical signs of salivary stones are the following. Our jaw, face, or neck may enlarge as a result of a dull pain in the submandibular salivary gland or a sore lump under our tongue. We may notice that our mouths are becoming drier as time goes on, which is a sign that salivary ducts may be clogged by salivary stones. If the salivary stone fully obstructs our duct, the enlargement of our salivary glands may make swallowing or opening our mouth painful and difficult. If our salivary glands become

clogged, we may become infected with germs, which results in a fever and a bad aftertaste.

Risk factors of Sialolithiasis

Salivary stones precise causes are unknown, but we do know that some conditions make them more likely to occur in some people. Salivary stones are more likely to form in people who smoke, have gum disease, have had an oral injury, are chronically undernourished, and are dehydrated. Salivary stones are more common in older age groups and men are also more likely to develop them than women.

Diagnosis of Sialolithiasis

A doctor trained in the diagnosis and management of sialolithiasis is an otolaryngologist, also known as an ENT. Although this ailment may also be diagnosed or treated by medical professionals with different expertise. Our medical professional will review our medical history and perform a head and neck exam, paying particular attention to the inside of our mouths. The stone can occasionally be felt as a lump. The sialograph, which historically involved injecting dye into the salivary duct followed by an X-ray, is more intrusive than the more common MRI or CT scans of today.

Treatment of Sialolithiasis

The location and size of the stone affect the sialolithiasis treatment. We might be able to encourage the pushing out of small stones from the duct by drinking lots of water, rubbing, and heating the affected area. Occasionally, a medical professional can gently probe the area with a blunt tool to force the stone out of the duct and into the mouth. Large salivary duct stones could be trickier to remove and occasionally necessitate surgery. An endoscope, a tiny tube, can occasionally be placed into the duct. The medical professional might be able to introduce another tool to draw the stone out if the endoscope can see the stone. In mild cases, the entire gland and the stone may need to be surgically removed. In more severe cases, the removal of the stone may only require a tiny incision. In the case of an infected gland, our healthcare provider may prescribe an oral antibiotic. Never take antibiotics without seeing a healthcare provider.

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