

## **An audit of oral diseases at a Nairobi centre, 2000-2004**

Dimba, EA; Gichana, J.; Limo, A. K.; Wakoli, K. A.; Chindia, M. L.; Awange, D. O.

Date: 2007

### **Abstract**

**Objectives:** To describe oral diseases diagnosed in an urban referral centre in Kenya in terms of age, gender and anatomical distribution and to compare this with reports in the literature. **Methodology:** A retrospective histopathological audit. **Setting:** Oral Pathology Laboratory at the University of Nairobi Dental Hospital, a tertiary referral centre in Kenya. **Results:** 548 (53.83%) patients were diagnosed with oral and maxillofacial tumours. Benign tumours (mean age  $\pm$  SD :: 29.93  $\pm$  18.27 years) peaked in the third decade and tended to affect men at a younger age ( $p=0.001$ ). The most common benign tumour was the ameloblastoma (50.23%;  $n=109$ ), which predominantly affected the mandible, and also occurred in male patients at a younger age ( $p=0.023$ ). Peak incidences for malignant disease were observed in the sixth decade (mean age  $\pm$  SD = 46.94  $\pm$  18.99 years). Oral squamous cell carcinoma (OSCC) was the most common malignant tumour (59.55 %;  $n=187$ ); occurring in the tongue, floor of the mouth, buccal mucosa and palate. 10.30 % of OSCC occurred in patients under 40 years of age. 147 patients presented with cysts, which were mainly (68.10%) of odontogenic origin. Reactive lesions, infections, salivary gland diseases and autoimmune conditions constituted 26.60% of the case load. **Conclusion:** The tendency of oral squamous cell carcinoma to occur in younger age groups may be an indication of carcinogenic factors that could be peculiar to this population. There is an urgent need for the expansion of reporting systems for oral diseases as a integral part of development of appropriate strategies in the improvement of general health -in Kenya.