

## — 原著 —

## 舌痛症の臨床的検討

## — とくに背景因子と治療効果の関係について —

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## Clinical study of glossodynia

## — Relationships between background factors and treatment outcome —

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**Abstract**

Clinical features and the results of the correlation analysis between background factors and the effects of the therapy of 6 males and 16 females with glossodynia were described. Their mean age was 56 years. Fourteen patients had no job. Cardiovascular, gynecological and gastrointestinal diseases were often recorded in the anamnesis. Nine patients had been under chemotherapy, mainly because of hypertension. The period from the onset of symptoms to the visit to our hospital exceeded one year in 59 % of the patients. They had visited 1.5 facilities previously on the average. Most of them complained of sore or burning sensation of the tongue with or without fluctuation. Other frequently encountered symptoms included xerostomia, sore lip, gingiva and buccal mucosa, and altered taste sensation. Anxiety, insomnia and psychological stress were often noted.

In the analysis of correlation, the patients age was related to the treatment effect.

Six patients were graded as III or IV in the CMI test. VAS score was related to the grades of CMI and depression. The treatment consisting of simple psychological approach, chemotherapy with minor tranquilizers and consultation with psychosomatists resulted in the decrease of VAS score from 63 to 15 and was judged as successful in 96 % of the population.

**和文抄録**

男性6名, 女性16名の舌痛症患者の臨床的特徴とその背景因子と治療効果の相関関係について報告した。平均年齢は56歳であり, 14名は無職であった。既往歴では, 循環器疾患, 婦人科疾患, 消化管疾患が多かった。9名はおもに, 高血圧のために薬物を服用していた。来院までの期間は1年以上が59.1%であり, 平均1.5の前医療機関を受診していた。症状としては舌のヒリヒリ, ピリピリが多く, 日内変動はあるものとなないものがあった。その他の愁訴としては, 口腔乾燥, 口唇・歯肉・頬粘膜痛, 味覚異常があった。不安, 不眠, ストレスもしばしば認められた。

各因子の相関では, 年齢と治療効果に相関を認めた。CMIでは6名でIII群またはIV群であり, CMIと抑うつは初診時のVAS値と統計学的に相関を認めた。治療は簡易精神療法, 抗不安剤等の薬物療法, さらに心療内科との対診を行い, VAS値は平均63から15へ減少し, 96%に有効と判定された。