

Plummer-Vinson syndrome

Plummer-Vinson syndrome characterized by an iron-deficiency anemia, atrophic changes in the buccal, glossopharyngeal, and esophageal mucous membranes, **koilonychia** (*spoon-shaped finger nails*), and dysphagia. The dysphagia is due to an esophageal stricture or web. **SCC of the tongue** and throat are complications. It is most common in middle aged women, rarely in the male. The etiology unknown. Because of the predisposition to the development of carcinoma of the oral mucous membranes, it is essential that the diagnosis be established early so that treatment can be given ASAP. This includes administration of iron, vitamin B complex and a high protein diet.

Aplastic anemia is a form of anemia in which the capacity of the bone marrow to generate red blood cells is defective. **Two types:**

1. **Primary:** unknown cause, affects young adults. The signs and symptoms include pallor, weakness, malaise, dyspnea (*difficulty breathing*), headache and vertigo. Oral symptoms include spontaneous bleeding, bruising (*petechiae*) and gingival infections.

It is usually fatal.

2. **Secondary:** caused by exposure to toxic agents, such as radiation, chemicals or drugs (*for example, chloramphenicol*). It can occur at any age. Symptoms are the same as primary. Prognosis is good once you remove the cause.

*** Aplastic anemia is the **most serious** and **life-threatening blood dyscrasia** associated with drug toxicity.