

The effectiveness of vitamin B12 in preventing minor Recurrent Aphthous Stomatitis(RAS)

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ABSTRACT

Minor type of Recurrent Aphthous Stomatitis (RAS) is the most common oral lesion among the populations especially in second decade. There are a lot of predisposing factors which may caused Minor type of RAS and one of them is nutritional deficiency include vitamin B12 deficiency. The purpose of this research is to determine the effect of vitamin B12 in preventing Minor type of RAS. Randomised sampling; double blind, parallel design experimental of 30 students from faculty of dentistry in Padjadjaran university. All samples were divided into two groups and each group was given 100 mcg and 50 mcg of vitamin B12, they consumed one tablet for 1 month. Mann Whitney test was used to analyze the data. Result showed there were difference numbers of sample who still have ulcer between two groups after a month. As statistically, there was no significance difference in group of 50 mcg (p-value=0.073), but there was significant differences significant in group of 100 mcg (p-value=0.000) and there was no different significance in data between 50 mcg and 100 mcg vitamin B12 (p-value =0.367) for ulcer and different significance (p-value=0.011) for non ulcer. Conclusion: vitamin B12 is effective in preventing minor type of RAS in dosages 100 mcg and 50 mcg, but statistically 100 mcg of tablet vitamin B12 is more effective than 50 mcg.

Keywords: Vitamin B12, Minor type of Recurrent Aphthous Stomatitis (RAS)

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