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Mucous Membrane Pemphigoid

What is mucous membrane pemphigoid?

Mucous membrane pemphigoid (MMP) is an uncommon chronic blistering disease that usually affects patients over the age of 50. The mucous ("wet") membranes of the mouth, throat, eyes, nose and genital area may be affected to varying degrees. Lesions often begin in the mouth and in some cases, may spread to involve other sites. Oral lesions often appear on the gums that then become bright red, inflamed and sore making eating and tooth brushing difficult. Other areas of the mouth may also become involved.

What causes mucous membrane pemphigoid?

MMP is an autoimmune disease, which means that your own immune system, which normally helps you stay healthy by fighting off infections, becomes confused and attacks your own body by mistake. Unfortunately, we do not know why this happens. Fortunately, MMP is not infectious in nature and you cannot spread it to family members or friends.

How do we know it is mucous membrane pemphigoid?

The most common way to diagnose MMP is by biopsy (taking a small specimen of the affected tissues) since other conditions may cause lesions that look similar. A special test called the direct immunofluorescence study will be performed. This almost always provides a definite diagnosis.

How do we treat mucous membrane pemphigoid?

There is no known cure for MMP. How it is treated depends on the severity of the condition. Mild oral involvement can be managed with topical (surface) applications of steroids. The most effective topical steroid therapies are fluocinonide or clobetasol/gel, or dexamethasone solution used 2-3 times a day for a few weeks. Sometimes if the lesion is large, your doctor may recommend injecting the sore areas with steroid solution to speed up the healing process. In more severe cases, steroid pills may need to be taken for a period of time to help clear the lesions. Your doctor may also prescribe a numbing agent such as viscous lidocaine or KaopectateTM and/or MaaloxTM or even BenadrylTM for pain control.

You may also be prescribed a topical non-steroid medication called tacrolimus, either as an ointment or as a compounded rinse. You may notice what is known as a "black box warning" on the tacrolimus packaging because animal studies showed an increased cancer risk from using this medication. We believe this risk to be minimal compared to the benefits you will experience. In spite of this warning, it is also widely prescribed by dermatologists because it successfully treats many skin conditions.

After MMP has been brought under control, you may reduce the frequency of therapy to the lowest amount needed to maintain comfort, increasing the frequency during flare-ups as needed. It is a good idea to let your mouth rest rather than use the steroid continuously when you are not experiencing pain.

Any of these treatments, especially steroids, may cause you to develop a yeast infection ("thrush") in your mouth. Your doctor may prescribe an anti-yeast (anti-fungal) rinse such as nystatin, clotrimazole troches or fluconazole tablets to treat the yeast infection. You are particularly susceptible to this if you have diabetes or a history of yeast infections.

Instructions for applying a gel or ointment:

After rinsing your mouth with water, gently pat the affected area(s) dry with some cotton gauze. Place a small amount of gel on a clean finger, dab it onto the area that hurts and do not eat or drink for 15 minutes for the steroid to be effective.
Division of Oral Medicine and Dentistry, Brigham and Women's Hospital, 75 Francis Street, Boston, MA 02115, (617) 732-6578

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