

# Can Involuntary Tongue Biting be Labelled as a “Movement Disorder”?

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In the past,<sup>1</sup> I have suggested that hiccups are involuntary movements of the diaphragm and should be accepted as movement disorder as described in neurology practice.

Tongue biting is an extremely common complaint. Most of the time, it is due to abnormal teeth or alignment, and the dentist can do the needful.

Some of these patients land up with the physicians because they develop an ulcer at the site of tongue bite. So common is this condition in patients, who are prone to get aphthous ulcers, which often come for no

reason, that the patient will not attribute this aphthous ulcer to tongue bite.

There are patients, who bite their tongue while eating food a couple of times in a year, and then the site of ulcer remains painful for couple of days till the healing completes.

If the dentist gives a clean chit to these patients, then we can label this condition as a variety of movement disorder, which is a common disease of voluntary muscles seen in neurology practice.

At the moment, I know of no treatment, which can be given to these types of patients to prevent the recurrence.

## Reference

1. Kapoor OP. Hiccups should be described as a motility disorder. *Bombay Hospital Journal* 2005; 47 (2) : 158-59.

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## THE INVERSE IMPACT LAW OF SMOKING CESSATION

“Nationally, stop smoking achieved a reduction in prevalence of 0.51% in 2003/04.

Since successful quitting (in these calculations) is measured by a self-report at 4 weeks and only 25% of smokers remain quit at 12 months... all the estimates of reduction in prevalence calculated in this report could legitimately be divided by four—producing an overall reduction of 0.13% per year or around 1% (from 26% to 25%) by 2010 for England.

Australia, by contrast, has negligible “cessation services” and since 1997 has run large scare-based campaigns to motivate quit attempts. Daily smoking prevalence in those aged 14 years and older has fallen by 30.2% from 23.8% in 1995 to 16.6% in 2007, with only 3.6% of adult smokers having ever even called the quitline.

**Simon Chapman, The Lancet, 2009; 373 : 701-03.**