

ToothTALK

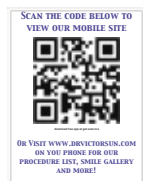
“Hey Doc, how can I get rid of the ulcers in my mouth? They hurt a lot! (Part 1)”

Mouth ulcers, also called Aphthous Ulcers, are sores that often form in the mouth. They can be very painful, sensitive to touch, and stinging. Mouth ulcers usually have a clearly defined, white, oval shaped appearance. They react to the tiniest facial movements; thereby, they make eating, talking, smiling painful and very uncomfortable.

The exact cause of mouth ulcers is difficult to diagnose. Here is the list of some potential causes of Aphthous Ulcers:

- Infection from a virus.
- Oral trauma, such as accidental biting of the inside of the mouth.
- Hormonal changes- it is common for some women to develop aphthous ulcers during their period or their pregnancy.
- Smoking/chewing tobacco products can irritate the inside of the mouth, leading to the development of aphthous ulcers. A temporary reaction to quitting smoking can also increase the chance of mouth ulcers formation.
- Iron or Vitamin B12 deficiency affects the production of red blood cells which can lead to mouth ulcers formation.
- Crohn's disease, which causes inflammation of the gut, can lead to ulcers in the mouth and the stomach.
- Stress or anxiety compromises the immune system, allowing the latent viruses in the body to win over the immune system and cause mouth ulcers.

Aphthous ulcers generally will heal on their own over time. In next month's article, I shall discuss ways to relieve the pain during the healing period.



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4 Russell St. E., Lindsay
www.drVictorsun.com

705-324-0050