CANKER SORES, SIGNS AND SYMPTOMS, PREVENTION AND TREATMENT.

by:
Catherine N. Gonzalvo, DND
Dentist I

Aphthous Ulcers or Aphthous Stomatitis generally known as canker sore in layman’s term are tiny yet throbbing ulcers inside the mouth affecting the tongue, lips, throat and soft tissues of the cheeks. Canker sores may have tingling and prickling sensation upon its appearance and a person with such have difficulty in speaking and swallowing. Unlike cold sores or fever blisters which are caused by herpes virus and are transmissible, canker sores aren’t contagious and last 10-14 days only without scarring.

Causes of Canker Sores are still idiopathic and not clearly understood, yet various factors may trigger the appearance of sores. Injury to the mouth due to braces, dentures, sports accident of forceful and dynamic tooth brushing can form sores. Likewise, excessive consumption of citric fruits, coffee and chocolate can also activate sore formation. Allergy and food sensitivities are also supporting factors. Hormones and emotional stress are said to be predisposing factors to canker sores also. Smoking on the other hand, underwrite the presence of sores due to its chemical contents.

Most often than not, canker sores don’t need serious medical or oral treatment as these sores will rectify on its own. However, there are home remedies that can help relieve or lessen the pain and inflammation. Topical medications available over the counter that can be applied directly on sore can fasten the healing and diminish if not totally remove the agony and discomfort. Ice chips are also way to lessen the pain, and provide ease and relief from the sores.
But for always, prevention is better than cure. Canker sores are treatable, yes. But it is also avertible by proper oral hygiene and healthy lifestyle. Aside from using soft bristle toothbrush, one must do tooth brushing gently to avoid damage to the mouth that can further create sores. Avoidance of too much acid containing foods and beverages may also lessen or totally disrupt the canker sores from appearing. Healthy diet and good oral hygiene goes hand in hand a great oral health that contributes to overall health of an individual.

References:

https://www.medicinenet.com/canker_sores/article.htm
https://www.medicinenet.com/canker_sores/article.htm