Apthae Stomatitis

What is it?

- <u>Stomatitis</u> is the inflammation of the mucous membrane of the mouth; may involve the gums, cheeks, tongue, lips, roof or floor of the mouth; mouth ulcer; cold sores, herpetic ulcers, a cancer sore
- Other Forms of Stomatitis NOS (not otherwise specified), denture, ulcerative, vesicular

Signs and Symptoms:

<u>Symptoms</u>- painful condition, redness, swelling, occasional bleeding, bad breath (halitosis); anorexia in children, sore tongue, oral lesion/ulcer, sore gums, sore mouth, blisters, white patches on tongue, sore throat; small white ulcerative lesions, single or multiple, oval or round, every year 2-8 crops of lesions that last 7 to 14 days, heal without scarring; ulcers in the mouth, inside the lips, on the cheeks or tongue covered with a yellow layer and have a red base

Facts:

- <u>Caused by</u>-poor oral hygiene, poorly fitting dentures, cheek biting, jagged teeth, mouth burns (hot food or beverages, medications, allergic reactions, or infections); may be a weakened immune system; certain allergies may cause the lesions to appear as; cheese, chocolate, coffee, citrus fruits, nuts, potatoes, tomatoes, eggplant, stress, viruses and bacteria
- **Definition** a recurrent disease of the oral mucosa of unknown etiology I
- Etiology Unknown, affect all ages young and old, especially women

What can I do?

- <u>See your Health Care Provider</u>- for recommendations as topical analgesics, anti-inflammatory agents depending on the stage
- See a Registered Dietitian for help as needed

