

Apthae Stomatitis

What is it?

- **Stomatitis** – 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:

- **Symptoms**- 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:

- **Caused by**-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
- **Etiology**- Unknown, affect all ages young and old, especially women

What can I do?

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

