



## **Canker Sores**

Canker Sores are shallow, painful sores on the soft tissue inside the mouth. They are usually red and may have a white coating over them. You might get them on the inside of your lips, inside of the cheeks or under your tongue, floor of the mouth or soft palate. Cold sores are different and usually occur on the outside of your lips or the corners of your mouth.

Many different things can trigger canker sores for different people:

**STRESS** – increase your sleep and try relaxation, perhaps yoga.

**TOOTHPASTE** – some are sensitive to Sodium Lauryl Sulfate, an additive to most toothpastes. Try Rembrandt or Biotene toothpaste. They don't contain Sodium Lauryl Sulfate. Colgate Total has been helpful to some.

**FOOD ALLERGIES OR SENSITIVITIES** – try keeping a food diary to find a food trigger, some possible foods are:

Fruits and vegetables – lemons, oranges, pineapples, apples, figs,  
tomatoes, strawberries

Dairy – Milk, cheeses

Other – nuts, chocolates, shellfish, soy, vinegar, french mustard, soda

**MECHANICAL TRAUMA** – can turn into a canker sore – such as a self-inflicted bite, irritation from sharp foods such as chips.

**NUTRITIONAL DEFICIENCIES** – such as B1, B2, B6, B12, C, Zinc, Folic Acid, Iron, Selenium, Calcium

**FOOD ADDITIVES** – such as Cinnamonaldehyde, a flavoring agent, and Benzoic Acid, a preservative.

Anyone can get canker sores, but people in their teens and 20's get them more often. Canker sores may run in families, but aren't contagious. 50% of people who get canker sores will have a one outbreak every one to three months, 30% will have monthly outbreaks.

Canker sores will heal in 4 to 14 days. Colgate ORABASE Soothe-N-Seal can help while healing. A prescription product, Debacterol, can be applied to shorten healing time.