

Short Communication on Mouth Ulcer

Rehana Younus Lakhani*

Dentistry and Aesthetics, Pakistan

***Corresponding Author:** Rehana Younus Lakhani, Dentistry and Aesthetics, Pakistan.

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Oral ulcers are minor and quite common disease that involve at least all people at different age one or more than one time. Usually, it appears on soft tissue of the oral cavity, including lips, cheeks, gums, tongue, floor and roof. Some of us can experience this type of ulcer in Gastrointestinal tract as well means your stomach Toothpaste containing sodium lauryl sulphate. Onset of oral ulcer initially start with pain, irritation and stay in the oral cavity not more than 2 weeks. More than 2 weeks ulcer can indicate oral cavity cancer or an infection from a virus, such as herpes simplex and multiple disease too.



Figure 1

Sign and symptoms of common ulcer

- Normally it persists only for a week, and in severe cases 2 weeks.
- Initially very pain full, after 3 to 4 days, you feel pain only while eating.
- Incredibly good response of Folic acid tablet you achieved in 2 to 3 days. No need to see Dentist.

Ulcer due to some foreign objects



Figure 2



Figure 3

This type of Ulcer you experience due to local cause, like braces, Dentures, Crown bridges, Spicy food, sharp edge tooth, Oral jewelry, hard biting, cheek and tongue biting, home teeth bleaching, Wrong technique of tooth brushing, Intake of some medicine, Stomach upset, Constipation, Home remedies of teeth cleaning, Clear teeth aligner, Retainers, poorly tooth filling, eating hard food, Smoking and much more.

Ulcer due to stress and anxiety: You may experience mouth ulcer in these 2 conditions.

Du to hormonal changes before monthly periods in women or due to hormonal imbalance

Ulcer associated with a dietary deficiency: vitamin B-12, zinc, folate (folic acid) or iron, sometimes Vit C deficiency.

Microbial ulcer: Presence of bacteria in your mouth you may experience short duration ulcers known as allergic ulcers like *Helicobacter pylori*, this bacterium is responsible peptic ulcer production too.

Due to impaired immune system Mal function of immune system of your body also one of the main causes of mouth ulcer.

Ulcer due to some disease: Bechet's disease, this disease involves all human body by creating inflammation.

Gluten related ulcer: Gut disease, this is an intestinal chaos initiated by sensitivity to gluten.

Crohn's and ulcerative colitis: This is bowel diseases results in inflammation.

Crohn's and ulcerative colitis folate deficiency anemia, canker, oral thrush, cold sore.

Please visit to the dentist or your physician if you experience any of the following symptoms more than 2 weeks:

- Ulcer which is larger in diameter and painful or without pain.
- Repeated outbreaks of mouth ulcer in one week.
- Redness in your body.
- Multiple joint pain steadily.
- Repeated feverish feeling.
- Stomach upset or diarrhea.

How you can avoid mouth ulcers!

By avoiding some foods, you can control oral ulcers. Here you go list of those things, like chocolate in any form, too much spicy foods, caffeine contained drinks like coffee, strong tea, some nuts like peanut and almond, Fruit like strawberry and those fruits rich in citric acids, Dairy item like cheese, Vegetables like tomatoes, meal like wheat flour, Hard and sharp foods like potatoes chips, toast etc. may cause ulcer. Avoid too much chew gum If you allergic to some food items, you need to contact Doctor, and Doctor will suggest you some test known as a patch test to diagnose allergies after that your Doctor will give you a list, you need to avoid that food.

Furthermore, use a soft and small-headed toothbrush, choose that toothpaste which does not contain sodium lauryl sulphate because sometimes patients do not know and experience always mouth ulcer- Enjoy your life with creative and meaning full activities to avoid stress and anxiety, because study shows these two conditions play an important role to produce mouth ulcers.

Immunity helps to prevent mouth ulcers: Natural and healthy foods play an important role to get vitamins and minerals to get help in healing as well. Make sure that you are having Vitamins especially B-12 and Iron in your food. Be certain that your diet intake contains enough fruits, vegetables, eggs, meat, and whole grains. If you feel your dietary sources are not enough visit to the Dietician or Physician, your Physician may prescribe you some multi-vitamin. Add yogurt in your regular meal. Eat those things which keep your digestive system healthy like probiotics.

Probiotics are good and friendly bacteria as they compete for space and food against harmful bacteria and inhibit them to be colonize in our gut.

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