



APHTHOUS ULCERS (CANKER SORES)



What are canker sores?

Shallow lesions that develop on the soft tissues inside your mouth and at the base of your gums

Signs and Symptoms

- Tingling or burning sensation in your mouth
- Round or oval sores with a white or yellow center and a red border. They can vary in size, depth and severity

How is it spread/caused?

- Not contagious
- Trauma
- Food sensitivities
- Hormonal shifts during menstruation
- Emotional stress
- Chronic health conditions

How is it treated?

- Minor sores will likely heal in a week or two.
- Over-the-counter (pastes, creams, gels or liquids) if applied to individual sores as soon as they appear.

Prevention

- Watch what you eat.
- Choose healthy foods.
- Follow good oral hygiene habits.
- Protect your mouth.
- Reduce your stress.

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Check out the latest updates and more details from **the Mayo Clinic**

