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.

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

Saint Liam Hall, Notre Dame
(574)631-7497 - uhs.nd.edu