

CANKER SORES

Canker sores are painful ulcers that occur in the lining of the mouth and throat. They may be confused with herpes infections, but they are not cancerous. The ulcers are small, very painful, and often covered by a whitish-gray membrane. The borders are surrounded by an intense red halo. Ulcers appear on lips, gums, inner cheeks, tongue, palate and throat. Two or three ulcers usually appear during an attack, but ten to fifteen ulcers are not uncommon. The ulcers may be so painful during the first few days that they interfere with eating or speaking. Ulcers are often preceded by tingling or burning for 24 hours prior to appearing. The precise cause of the ulcer is unknown, but they are often associated with emotional or physical stress, anxiety, premenstrual tension or minor injuries to the mouth lining. Most ulcers heal without scarring in 2 weeks.

Recurrent attacks are common. Specific treatment is not available. The canker sores do not respond to antibiotics. Topical anesthetics partially relieve the pain, but must be applied frequently. Clean sores with hydrogen peroxide on a cotton applicator. If the canker sore is being aggravated by a rough tooth, braces or dentures, consult your dentist.

If we can be of service to you, please call the University of Houston Health Clinic.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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