

APTHOUS ULCER

Small erosions in the oral cavity or on the tongue. They disappear in 7-10 days.

CAUSES

- 1) Emotional stress.
- 2) Local trauma- ill-fitting dentures or a sharp tooth.
- 3) Allergy to local applications like toothpaste.
- 4) Poor oral hygiene- not brushing teeth regularly.
- 5) In females can be associated with menstrual cycle.
- 6) Smoking, alcohol, spicy food.
- 7) Drugs like antibiotics.
- 8) Low immunity in any illness.
- 9) Vitamin deficiency especially- B-complex, folic acid.
- 10) Gastric disturbances.

SIGN AND SYMPTOMS

- 1) Tiny shallow erosions in the oral cavity or on the tongue.
- 2) The base of the ulcer may be gray or white in colour.
- 3) Increased salivation.
- 4) Burning pain on the affected part on touch, contact with food / drink.
- 5) Ulcers may bleed.
- 6) Bad breath.
- 7) Fever in case of infection.

DIETARY MANAGEMENT

- a. Treat the causes.
 - b. Avoid hot, spicy food.
 - c. Drink plenty of water.
 - d. Eat bland food.
 - e. Do not eat / drink too hot or too cold food.
 - f. Avoid sweets and carbohydrates.
 - g. Avoid smoking and alcohol.
 - h. Eat liquid / semi solid food, which you can easily swallow to avoid pain.
 - i. Eat lots of vitamin C, vitamin B12 and folic acid -
 - i. Fruit juice - citrus fruits like- orange, lime, sweet lime, strawberries, grape fruits, mango, amla (Indian Gooseberry) etc.
 - ii. Vegetable soups - tomatoes, green leafy vegetables - spinach, tangerines etc.
 - iii. Eat boiled vegetables - cabbage, broccoli, tubers- potatoes and sweet potatoes.
 - iv. Milk and milk products.
 - v. Boiled or scrambled egg.
 - vi. Wheat, rice (brown) porridge.
 - j. If pain is not too much you can have well-cooked (soft) meat, kidney, liver, pork, sea food- shellfish, shrimps, crabs, lobsters.
- 2) Wash your mouth with water and little turmeric.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .

