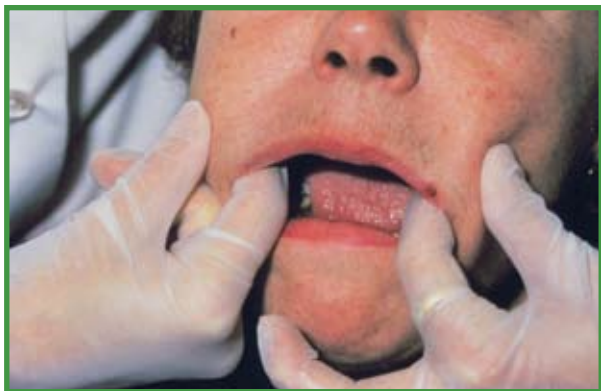


# Dental and Oral Health Concerns

## Stomatitis/Mucositis

(Inflammation of the mouth)



With stomatitis/mucositis, the inside of the mouth may appear red, inflamed and may bleed. This condition occurs when mucosal cells that make up the special tissue that lines the mouth, break down and cause pain or a burning sensation.

### Causes:

- Poor fitting dentures, leaving dentures in the mouth for long periods of time, infections, medications, dry mouth (xerostomia), poor nutrition, a weakened immune system and post-cancer treatment.

## Daily Dental Care Tips

### For Natural Teeth:

- Brush teeth twice a day.
- Floss teeth once a day.
- Clean cheeks, tongue and roof of the mouth with a soft toothbrush at least once a day.
- Despite the pain associated with stomatitis/mucositis, continue to keep the mouth free of debris, since bacteria in dental plaque will prolong the recovery phase.

### Visits to the Dental Professional:

- A dental professional should be consulted for a daily dental care plan and for medications to treat the inflammation.
- Consult a dental professional prior to undergoing radiation or chemotherapy treatment.
- More frequent professional dental visits may be required.

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## Stomatitis/Mucositis

(Inflammation of the mouth)

### Common oral problems:

#### Difficulty Swallowing

- The irritated tissues can make it difficult to eat and swallow. Avoid hot spicy or acidic foods, hard crunchy foods, tobacco and/or alcohol products.

#### Dry mouth

- Some medications, as well as radiation therapy and chemotherapy can make the mouth very dry. Use moisturizing products available in a pharmacy to ease the dryness.

### Daily Denture Care:

- Remove dentures at night, scrub them, and then place dentures in a cup with warm water overnight.
- Dentures should be labelled with the owner's name. A dentist /denturist can provide this service.
- Regularly monitor the dentures for fit. Full or partial dentures that are loose can prevent proper chewing and could be accidentally swallowed.
- Use medications as prescribed until completed.

### Did you know?

Oral cancer is found in 2-3% of the Canadian population. A dentist or physician should check the mouth annually for cancer.

For more information about dental health, please call

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