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SUGGESTIONS FOR

**CANKER SORE
PREVENTION**

Over 40 million Americans suffer from canker sores. Women are more likely than men to be affected. They occur alone or in groups inside the mouth, usually inside the cheeks, lips, on the tongue, roof of mouth or at the base of the gums. Canker Sores resemble craters and can be 1/8 inch to 1 inch across. They are very painful, interfere with eating and talking and usually clear up in 1-3 weeks. The cause of canker sores is not completely known.

PREVENTION

- 1 Use “Biotene” or “Rembrandt Whitening Toothpaste for Canker Sore Sufferers”, (They do not contain sodium lauryl sulfate, which may cause canker sores).
- 2 Avoid cinnamon flavored products (cinnamon burns the skin inside the mouth and can bring on canker sores).
- 3 Avoid highly acidic foods such as citrus fruit and tomatoes if they seem to bring on canker sores for you.
- 4 Avoid popcorn and chips since they sometimes cause small cuts inside the mouth, which may bring on canker sores.

- 5 Take a multiple vitamin and extra vitamin B12 daily, nutritional deficiencies may trigger canker sores.
- 6 Try to minimize stress (Ha Ha). Stress is thought to lower the body's ability to fight infection, which may allow canker sores to form more easily.