

Canker Sore Basics

If you've had the unpleasant experience of getting a canker sore then you know the pain it can produce. So, what causes canker sores, and is there any help in prevention of canker sores? Let's take a quick look at the basics and get your questions answered.

What Is A Canker Sore? A canker sore, or aphthous ulcers as they are also known as, are small painful sores that form on the inside of your lips, cheeks, and even on your tongue. Don't confuse a canker sore with a fever blister or a cold sore, which is a virus and forms on the outside of your mouth in most all cases. Unlike cold sores which is the herpes virus, a canker sore is a bacterial infection, and not contagious. Canker sores can occur with any age group, but most commonly affect people between the ages of 10-40. It seems to hit teenagers and women in their 20's the most for whatever unknown reason. Medical science still has no idea what causes canker sores to form, but many times it is from stress and eating habits.

What Should You Do When One Forms? If you do nothing to treat a canker sore that has formed, they will go away generally in 1-3 weeks on their own. During this time it can be painful if you happen to drink juices, or drinks that contain a lot of acid in them. The same with foods. Even brushing your teeth can give you a jolt. The pain can send you through the roof! The good news is that there are some canker sore medications that you can get over the counter and apply to reduce the pain and discomfort. Oragel, Anbesol, or a number of other brands all will provide some much needed relief. In addition, there are a number of very good all natural cures.

Should I Seek Medical Attention? In most all cases there is no need to seek medical attention for a canker sore, but with that said, if you have a very large sore, or it lasts for more than two weeks, you may want to see your health care professional. Also, if you begin feeling sick, or can't eat or drink, absolutely get in touch with your doctor.

Are There Prescription Medications Available As A Canker Sore Cure? Yes, there are quite a few prescription medications that your health care professional can prescribe to help as a canker sore treatment. Prescription medications like Peridex, Aphthasol, and Tetracycline can provide the help you're looking for.

Is There Any Way To Prevent Canker Sores From Forming? Unfortunately, there is no known prevention of canker sores. There are some things you can do in order to reduce your chances of getting them. Try to avoid using toothpaste with SLS (Sodium Lauryl Sulfate). Be sure to floss your teeth daily. Drink plenty of water and keep spicy foods out of your diet. This is especially true if you are prone to recurring canker sores.

About the Author

Some insurance plans may not be accepted by the pharmacy. Prescriptions can be filled at any pharmacy. Several national pharmacy chains.

Source: <http://productsherbal.com>