

# Aphthous Stomatitis: Causes, Symptoms, and Management

Berndhop Lepe\*

Department of Odontology, University of Mysore, Mysore, Karnataka, India

## DESCRIPTION

Aphthous stomatitis, commonly known as canker sores, is a painful condition affecting the mucous membranes of the mouth. Despite its prevalence, it often remains misunderstood by many. This study discusses about the intricacies of aphthous stomatitis, shedding light on its causes, symptoms, and effective treatment strategies.

## Understanding aphthous stomatitis

Aphthous stomatitis is characterized by the development of small, shallow ulcers, or canker sores, within the mouth. These ulcers typically appear on the inner surface of the lips, cheeks, gums, and the base of the gums. Although they are not contagious, they can cause considerable discomfort, especially when eating, drinking, or talking.

## Causes of aphthous stomatitis

The exact cause of aphthous stomatitis remains unclear, but several factors are believed to contribute to its development:

**Genetics:** There is evidence to suggest a genetic predisposition to aphthous stomatitis, with individuals whose family members have a history of the condition being more susceptible.

**Immune system dysfunction:** Dysfunction in the immune system, including autoimmune reactions, may play a role in the development of canker sores.

**Trauma:** Minor injuries to the mouth, such as accidental biting, aggressive tooth brushing, or dental procedures, can trigger the formation of aphthous ulcers.

**Stress:** Psychological stress and anxiety have been linked to the onset of aphthous stomatitis in some individuals.

**Dietary factors:** Certain foods, such as citrus fruits, spicy foods, and acidic foods, may exacerbate or trigger episodes of canker sores in susceptible individuals.

## Prevention strategies

While it may not be possible to prevent aphthous stomatitis entirely, certain strategies may help reduce the likelihood of recurrence:

**Maintain oral hygiene:** Brushing and flossing regularly can help prevent minor mouth injuries that may trigger aphthous ulcers.

**Avoid trigger foods:** Identify and avoid foods that tend to trigger canker sores, such as acidic or spicy items.

**Manage stress:** Finding healthy ways to manage stress, such as through exercise, relaxation techniques, or seeking support from friends and family, may help reduce the frequency of aphthous ulcers.

**Consult a healthcare professional:** If aphthous stomatitis persists despite self-care measures, consult a dentist or healthcare provider for further evaluation and management.

## Symptoms of aphthous stomatitis

The symptoms of aphthous stomatitis can vary in severity and may include:

Pain or discomfort in the affected area, formation of round or oval-shaped ulcers with a white or yellow center and a red border, swelling of the nearby tissues, difficulty in eating, drinking, or speaking, especially if the ulcers are large or numerous.

## Treatment strategies

While there is no definitive cure for aphthous stomatitis, several treatment strategies can help alleviate symptoms and promote healing:

**Topical treatments:** Over-the-counter or prescription topical medications, such as corticosteroids or numbing agents, can provide relief from pain and promote healing of aphthous ulcers.

**Oral rinses:** Antiseptic mouthwashes or oral rinses containing ingredients like chlorhexidine or hydrogen peroxide can help reduce inflammation and prevent secondary infections.

**Correspondence to:** Berndhop Lepe, Department of Odontology, University of Mysore, Mysore, Karnataka, India, E-mail: rosledwek34@gmail.com

**Received:** 23-Feb-2024, Manuscript No. JOY-24-31367; **Editor assigned:** 27-Feb-2024, PreQC No. JOY-24-31367 (PQ); **Reviewed:** 12-Mar-2024, QC No. JOY-24-31367; **Revised:** 19-Mar-2024, Manuscript No. JOY-24-31367 (R); **Published:** 26-Mar-2024, DOI: 10.35248/JOY.24.8.714

**Citation:** Lepe B (2024) Aphthous Stomatitis: Causes, Symptoms, and Management. J Odontol. 8:714.

**Copyright:** © 2024 Lepe B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

**Pain relief:** Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help alleviate pain associated with aphthous stomatitis.

**Avoiding triggers:** Identifying and avoiding triggers, such as certain foods or stressors, can help prevent recurrent episodes of canker sores.

**Dietary changes:** Adopting a diet rich in fruits, vegetables, and whole grains while minimizing consumption of spicy, acidic, or abrasive foods may help reduce the frequency and severity of aphthous ulcers.

**Stress management:** Practicing stress-reduction techniques, such as mindfulness meditation, deep breathing exercises, or yoga, may help prevent or mitigate the impact of stress-induced canker sores.

Aphthous stomatitis, though common, can be a source of significant discomfort for those affected. By understanding its causes, symptoms, and treatment strategies, individuals can better manage the condition and improve their quality of life. While there is no one-size-fits-all approach to managing aphthous stomatitis, a combination of topical treatments, lifestyle modifications, and stress management techniques can help alleviate symptoms and reduce the frequency of recurrent episodes. Aphthous stomatitis can be a painful and bothersome condition, but understanding its causes, symptoms, and treatment options can help individuals manage the discomfort and reduce the frequency of outbreaks. By implementing preventive measures and seeking appropriate medical care when needed, individuals can take control of their oral health and minimize the impact of aphthous stomatitis on their daily lives.