



Burning Mouth Syndrome

This infrequently occurring syndrome is frustrating and painful. There are numerous potential reasons for this condition, and they are difficult to determine for specific patients. Potential causes that may relate to your condition are nutritional deficiencies, food allergies, diabetes, menopause, medications you are taking, radiation therapy for cancer, chemotherapy for cancer, and regurgitation of acid into the mouth.

Your dental practitioner will analyze your medical condition to determine potential causes for your burning mouth syndrome. A few overall preventive suggestions are: eliminate mouthwashes, especially those containing alcohol; reduce or eliminate smoking; and reduce or eliminate beverages containing acid. Some chewing gums cause burning mouth. Change your toothpaste to one that *does not* contain sodium laurel sulfate (the foaming agent).

Until the cause of your burning mouth is determined and a cure started, placing ice in your mouth allows a simple and temporarily successful relief. Your dentist will advise you concerning long-term relief of the condition.