



Canker Sores (aka Aphthous Ulcers)



Many people get them. There is NO CURE.

BUT.....

Over the counter remedies can provide symptomatic relief – ask us for a recommendation!

Why do we get them?

- They are immune reactions to an unrecognized substance that can be triggered by:
 - Sodium Lauryl Sulfate
 - Nutritional deficiencies
 - Allergic reactions or sensitivities to certain foods
 - Mechanical trauma
 - Hormonal changes
 - Medications
 - Bacterial or viral attacks

More on Sodium Lauryl Sulfate (SLS).

SLS may be used as a foaming agent in toothpaste or mouthwash. If you are sensitive to SLS, consider using one of the following oral care products:

SLS-Free brands:

- Tom's of Maine Clean & Gentle Care SLS-Free Anti-Cavity toothpaste plus dry mouth soother www.tomsofmaine.com
- Rembrandt Low Abrasion Whitening Toothpaste for Canker Sore Prevention www.rembrandt.com
- Sensodyne Pronamel
- Sensodyne Original, Extra Whitening, or Tartar Control Plus Whitening Toothpaste
- All other Sensodyne formulas EXCEPT for Sensodyne Repair and Protect
- Biotene Dry Mouth Toothpaste
- Squiggle Enamel Saver Toothpaste
- Oral – B Stages Baby (Fluoride-free) www.theessentials.com
- Oragel Toddler Training (Fluoride-free) www.orajel.com

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