

Mayo Clinic Medical Edge

Treating & Preventing Canker Sores During Chemotherapy

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ATTACKING AND KILLING FAST-GROWING CANCER CELLS IS THE GOAL OF CHEMOTHERAPY. UNFORTUNATELY, FAST-GROWING NORMAL CELLS CAN ALSO BE AFFECTED. THAT'S WHY THE LINING OF THE MOUTH IS VERY PRONE TO GETTING SORES DURING TREATMENT.
Judith Kaur, M.D.	"WE OFTEN GIVE THEM VERY SPECIFIC INFORMATION ABOUT HOW TO AVOID THINGS THAT WILL INJURE THAT SENSITIVE LINING..."

	THINGS SUCH AS ALCOHOL, TOBACCO PRODUCTS, THINGS THAT ARE TOO HOT OR TOO COLD, TOO ACIDIC, TO ROUGH OR SHARP IN THE MOUTH.”
	DR. JUDITH KAUR IS A MEDICAL ONCOLOGIST AT MAYO CLINIC. IF YOU’RE ALREADY DEALING WITH FREQUENT AND PAINFUL MOUTH SORES, SHE SAYS YOU MIGHT WANT TO...
Dr. Kaur	“TEST VITAMIN B-12 LEVELS. PEOPLE WHO ARE B-12 DEFICIENT ARE MORE LIKELY TO HAVE THE LARGER NUMBERS AND MORE FREQUENT CANKER SORES.”
	DR. KAUR ALSO SAYS GARLIC AND ZINC TABLETS MAY BE HELPFUL FOR PEOPLE WHO HAVE FREQUENT CANKER SORES.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN

	WILLIAMS.
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