

Mucositis (sore mouth/throat)

An inflammation of the tissues in the mouth and/or throat is called mucositis. This can be caused by chemotherapy and radiation. Mucositis can start five to seven days after chemo and about two weeks after radiation to the head and neck. If it occurs, it will heal with time and care.

Mucositis can put you at risk for infection. Good mouth care can help prevent infection.

Seeing your dentist for a check up before you start treatment is advised.

Signs of mucositis may be:

- discomfort or pain
- redness
- mouth sores
- burning feeling
- trouble swallowing
- sensitivity to alcohol, hot, cold, salty, spicy or acidic foods and drinks
- pain or difficulty wearing your dentures

Dewikotashkwewin

Amihi kaa-ishinihkaatek (mucositis) kaa-dewikotashkwenaaniwak. Ekwa ami oneniwan kaa-doocikemakakin natawicikewinan kaa-aapatahkin kichi-aahkosiiwinik. Amihiwe kaa-ishinihkaatek (mucositis) maatamacihckaate niyaanaon naanta niishwahso kiishikaan kaa-ishkwaa-natawicikaatek kihci-aahkosiwin ekwa naanta niisho-pimikonakaa kaa-ishkwaa-cahksikaaniwak mishtikwaanik kaye mikwayawaak tanamacihckaate. Kiishpin ihiwe inamacihoyan, kika-ani-mino-ayaa kika-nawendaakosiiwinik.

Mucositis kaa-ishinihkaatek ninihdendaakwan ci-miniiwishkaakemakak. Kwayahk pamihdooyan kikonew kaawin ta-miniiwihsesinon.

Kinatawentaakos ci-memecikaahik miipiti-mashkihkiwinini mwaye-maacii-natawihikooyan kihci-aahkosiiwinik.

Kaa-doocikemakak dewikotashkwewin:

- maanamachowin naanta wihsakentamowin
- miskohsewin
- biikokonewehsewin
- kishidewihsewin
- kaa-aanimak ci-kocipancikaaniwak
- kaa-watakaashkikemakakin minihkwewin, kaa-tahkaak kecoon, shiiwihtaakan, kaa-wihsakaakin miiciman kaye nanaahka minihkwewinan.
- kaa-wihsakentaman naanta macishkawik ci-kikishkwac miipitihkaan

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Call your nurse or doctor if you have:

- a fever 38°C or 100.4°F
- trouble eating or swallowing
- white spots in your mouth or on your tongue
- sores in your mouth and/or on your lips

You will require medication to treat these symptoms.

Mouth Care Tips

- Brush your teeth and tongue with a very soft toothbrush. Use a toothpaste with no peroxide, tartar control or fluoride.
Example: Biotene, Sensodyne
- Avoid mouthwashes that contain alcohol.
- Rinse your mouth after eating and before bed. Use one half teaspoon of salt or baking soda to one cup of warm water.
- Do not smoke.
- Do not floss if your blood is low while on chemotherapy.

Dewikotashkwewin

Kanoos mashkihkiwihkwe naanta mashkihkiwinini kiishpin oneniwan ayaayanin:

- kishidewihseyan 38C naata 100.4 F inaakoshkaamakak
- ekaa kashkidooyan kwayahk ci-wihsiniyan.naanta kaye kicipanickeyan
- kaa-waabaakin cahcakhsewinan kikonenik naanta kitenaniik
- kaa-biikohseyan kikonewik naanta kaye kidoonik

Kika-nantawendaan mashkihki ke-natawihikoyan oneniwan inamacihonan.

Mikonewik Pamicikewinan

- Kisihsaapidehon kaye kidenaniik maawac e-noohkisit kisihsaapidewin ci-aapaciyat. Aapacihi ekaa kaa-ashitinikaatekin peroxide, tartar control or fluoride. Ineniwan daapishooc kaa-ishinihkaatekin:
Biotene, Sensodyne
- Kaawin aapacidoon minihkwewin kaa-ashidaakaminikaatek kisihsikoneyaabaawasonik.
- Kisihsikoneyaabaawantison kaa-ishkwaa-wihsiniyan kaye kaa-mwaye-kawishimoyan. Beshiko-minihkwaakan nibi ekwa beshik aapihta emihkwaan aapacidoon shiiwitakan ci-kisihsikoneyaabaawasoyan.
- Ikaawin sakahswen.
- Kiishpin kimisko naashihkaamakak mekwaac kihci-aahkosiwi-mashkihkikeyan, ikaawin sheshtak aapacidoon ci-kaasiyaapitehoyan.

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- If you are having radiation to the head and neck do not floss at all.
- Keep your mouth and lips moist. Sip water often and use lip balm.
- Suck on ice chips, if receiving 5FU (fluorouracil) chemotherapy.

If mucositis occurs:

- Eat soft, moist foods that are at room temperature.
- Avoid acidic foods/drinks such as oranges, tomatoes and fruit juices.
- Avoid crunchy and spicy foods.
- Ask to speak to a dietitian.
- Take pain medication.
- Remove your dentures. They can make your mouth sore. If you can not eat without your dentures, wear them to eat then remove them and rinse your mouth.

Dewikotashkwewin

- Kiishpin cahkaasikooyan kishtikwaanik ekwa kikwayawaak, ikaawin aapacidoon sheshtak ci-kaasiyaapitehoyan.
- Mooshak shahkanaamon kaye kidoon. Wiiwiikwatan nibi ayeshkam.
- Noonaamik mikwamiisak, kiishpin miinikooyan 5FU mashkihki.

Kiishpin maacii-dewikotashkweyan:

- Miicinan kaa-noohkaakin kaa-tipi-ahpiici-kishidekin miiciman.
- Ikaawin minihkwaatanin kaa-wiisakaakamikin minihkwewinan ineniwan osaawiciiminaaboo, okiniywaaboo kaye ineniwan kotakiyan kaa-nanaakawin-aakawin shiiwaaboon.
- Ikaawin miicinan kaa-kaapidekin kaye kaa-wiisakaakin miiciman.
- Kakwetwen ci-ayamiyat wiihsiniwi-mashkihkiwinini.
- Mashkihki aapacihtoon.
- Kiicikonik kiipitikaanak, ka-tewikoneweshkaakook. Kiishpin ekaa kiiwiihsiniyan ekaa kaa-kikishkawatwaa kiipitikaanak, kikishkawik wiihsiniyan ekwa tahsh kiicikonik ci-kishsikoneyaabaawasoyan.