

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

Pikotónépaniwin (ká wísakénitaman kitón wéká ki kotwaskwi)

Ká míkopaniyan anta píci kitónik wéká ki kotwaskwák éyako anima ká pikotónépaniyan. Ayiw anima ká itóciékemakak anihí maskikíya ká minikawiyán wéká ispík kákí manáskisikáték anima ki miníwin. Anima pikotónéyaspinéwin nántaw niyánano kísikáw ta máci nókon kí mácitáyani anihí maskikíya éko nántaw níso ká ispaniki ispík anima kákí manáskisikáték ki miníwin kika maci mósitán anta kistikwánik éko ki koyák. Kisáspin ékosi ispaniki, táti mino ayámakan anima picénak kwayask nakácitániwaki.

Apók anta oci anima pikotónéyaspinéwin ékota kikakí ati oci mikowin. Kwayask nákcitáyani kitón móna kika ati miníwin.

Ta natawápamat mípiti maskikíwininiw ta wápamisk mwés.

Óma kika isi nisitawinén é pikotónéyaspinéyan:

- é macacihoyan wéká é wísakáspinéyan
- é mikopaniyan
- é miníwiyan kitónik
- tápiskóc tápitaw é pakotónéyáskisoyan é tamacihoyan
- éká kwayask éki kocipanicikéyan
- kakinaw kékwán é maskawákamik wéká é áko sítákanahikáték míciwin ká wísakiskákoyan
- ká wísakiskákoyan ki wípitikána

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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.
- 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.

Pikotónépaniwin (ká wísakénitaman kitón wéká ki kotwaskwi)

Kakitos ana maskikí iskwéw wéká ininiw kisáspin ki tayán:

- kikisowipaniw nántaw 38° C wéká 100.4° F
- é ánitáyán ta mícisoyan éko ta kocipanicikéyan
- é wáwapipiskopaniyan anta kitónik itéké wéká ki ténaník
- ká pikotónépaniyan píci éko ki tónik

Ékwani piko kika natoweniten maskikiya ta natawitayan oki.

Kékí isi nákcitáyán kitón éká ta ákosiyán

- É nósaká ápacita kicistápitéhon ta pékitáyán kípita éko anima kiténaní. Anihi ápacita ká nóskipakoki kicistápitéhona. Tápiskóc: Biotene, Sensodyne.
- Kawina ápacita anihi ká akospakoki kicistikwanápoya.
- Kisipékitoného tantwá ká iskwá mícisoyan wéká tati kawisimoyan. Ápitaw inikok péyak émikwán kikakí ápacitán síwitákan wéká opicicikan.
- Káwina pítwá.
- Kawina sá sékwapitého kisáspin ki miko mwác maskikiya ká ápacitayan.
- Kisáspin kékwán miniwin wí manáskisikátéw anté itéké kistikwánik wéká ki koyák kiyám éká ta sa sékwápitéhoyan.
- Kawina ta pástéw kitón. Wá wípac nipiy minikwé éko apísís maskikíhi tómitoného.
- Maskwamísak mámákwamik kisáspin anima 5FU maskikí kíkí mínikawin.

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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.

Kisáspin kiwi píkotónépanin:

- Éminoskákik ékísowákamiki piko ta miciyan kékwána.
- Ka mícit ká akospakok mínisa wéká ká síwáki minikwéwina.
- Káwina míci é maskawáki mícima wéká ká ákosíwaki mícima.
- Kakwécikémo ta kakitotat ana ákosiwi míciwin ká paminak.
- Maskikíya otina.
- Kécikona ki wípitikána. Kika wísakitónéskákon óki é mícisoyan sémák kécikonamoiokan ispík kí kisi mícisoyani éko pékitá kitón nipiy oci.