

### 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

### Bigwaashkaang gidoon/gigondashk

Bigwaashkaang gidooning gemaa gaye gigondashkwaang mucositis izhinikaade. Daa-izhise awiya owe giishpin amogowin mashkiki odaapinang gemaa zhaabwaatenind. Gidaa-bigwaashkaa naanogon gemaa niizhwaasogon ishkwaaw odaapinaman amogowin mashkiki zhigwa niizhwaa-anami'egiizhig ishkwaaw zhaabwaatenigoowin gidaa-bigwaashkaa gishtigwaaning gemaa gikweganaang. Naagach idash giga-giige.

Giishpin owe izhiseyan, awashime gidaa-bigwaashkaa. Naagajitooyan idash gidoon gaawiin gidaa-bigwaashkaasii.

Andawaabam mashkikiwinini giibidan onji jibwaa maaji-odaapinaman mashkiki.

#### Aaniin ge-izhi-gikendaman bigwaashkaayan:

- zaabimanji'owan gemaa wiisagendaman
- miskoziwan
- omigiiyan
- jaagizomanji'oyan
- zanagi'igooyan ji-gwanjigeyan
- aakwaadag minikwewin, gegoo gizhideg, dakaag, zhiiwitaaganiwang, aakoodewagak gemaa bisawendaagwak zhigwa menikweyan gegoon
- wiisagendaman gemaa zanagi'igooyan biizikaman giibidekaanan

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## Bigwaashkaang gidoon/gigondashk

### 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.

### Ganoozh gimashkikiiwikwem gemaa gimashkikiwininiim giishin:

- 38°C gemaa 100.4°F apiichi gizhizowin
- zanagi'igooyan wiisiniyan gemaa gwanjigeyan
- waabishki-mamazinaazoyan gidooning gemaa gidenaniwing
- omigiyan ogijaya'ii gidooning gemaa biinjaya'ii

Mashkiki giga-andawendaan owe izhiseyan.

### Naagajitooyan Gidoon

- Giziinan giibidan zhiywa gidenaniw nookaag gaasii'igan. Gizii'aabidaan gagiigan peroxide, tartar control gemaa fluoride atesinog daabishkoo Biotene, Sensodyne gaye.
- Gego aabajitooken giziibii'ogon minikwewin atemagak.
- Giziibii'ogonen ishkwaa wiisiniyan dago jibwaa nibaayan. Aabita emikwaanens zhiiwitaagan gemaa baking soda dagonan bezhigo-minikwaagan gizhaagamidewaaboo.
- Gego zagaswaaken.
- Gego biinaabiiginangen nasawaabid giishpin zoongaagaminzinog gimiskwiim amogowin mashkiki odaapinaman.
- Gego biinaabiiginangen nasawaabid zhaabwaatenigooyan gishtigwaanng gemaa gaye gikweganaang.
- Gego da-baatesinon gidoon. Zaasobandan nibi, boozinan gidoon ji-baatesinog.
- Mikwamiinsag zoosobam, giishpin miinigooyan iwe 5FU amogowin mashkiki.

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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.

### Giishpin bigwaashkaag gidoon:

- Nookaag gemaa zhaabobiig miijim dakaasinog miijin.
- Gego miijiken gemaa minikweken aakodewagak gegoo daabishkoo ozaawijiiminag, oiniig gemaa zhiiwijiiminaaboon.
- Gego miijiken gaapaag gemaa aakodewagak gegoo.
- Gagwedwen ji-gaganoonad awiya ji-gagiiganjige'ig.
- Odaapinan mashkiki ji-aate-ayaayan.
- Gijibidoon giwiibidekaanan. Gidaa-wiisagishkaagonan. Giishpin gashkitoosiwan ji-wiisiniyan wiibidekaanesiwan, biizikan wiisiniyan mii izhi gijibidoon, gizii'aabide'on.